GUIDE TO RUNNING: EVERYTHING YOU NEED TO GO FASTER

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Men's Health

SINGAPORE
MAY 2015

SINGAPORE'S NO. 1 MEN'S MAGAZINE

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BLAST BELLY FAT!

DITCH YOUR LOVE HANDLES IN UNDER 30 DAYS P112

THE NEW MUSCLE BUILDER YOU NEED TO TRY P106

THE SECRET PICKUP LINE TO DATE ANY WOMAN

LOOK YOUR BEST ANYWHERE, ANY TIME

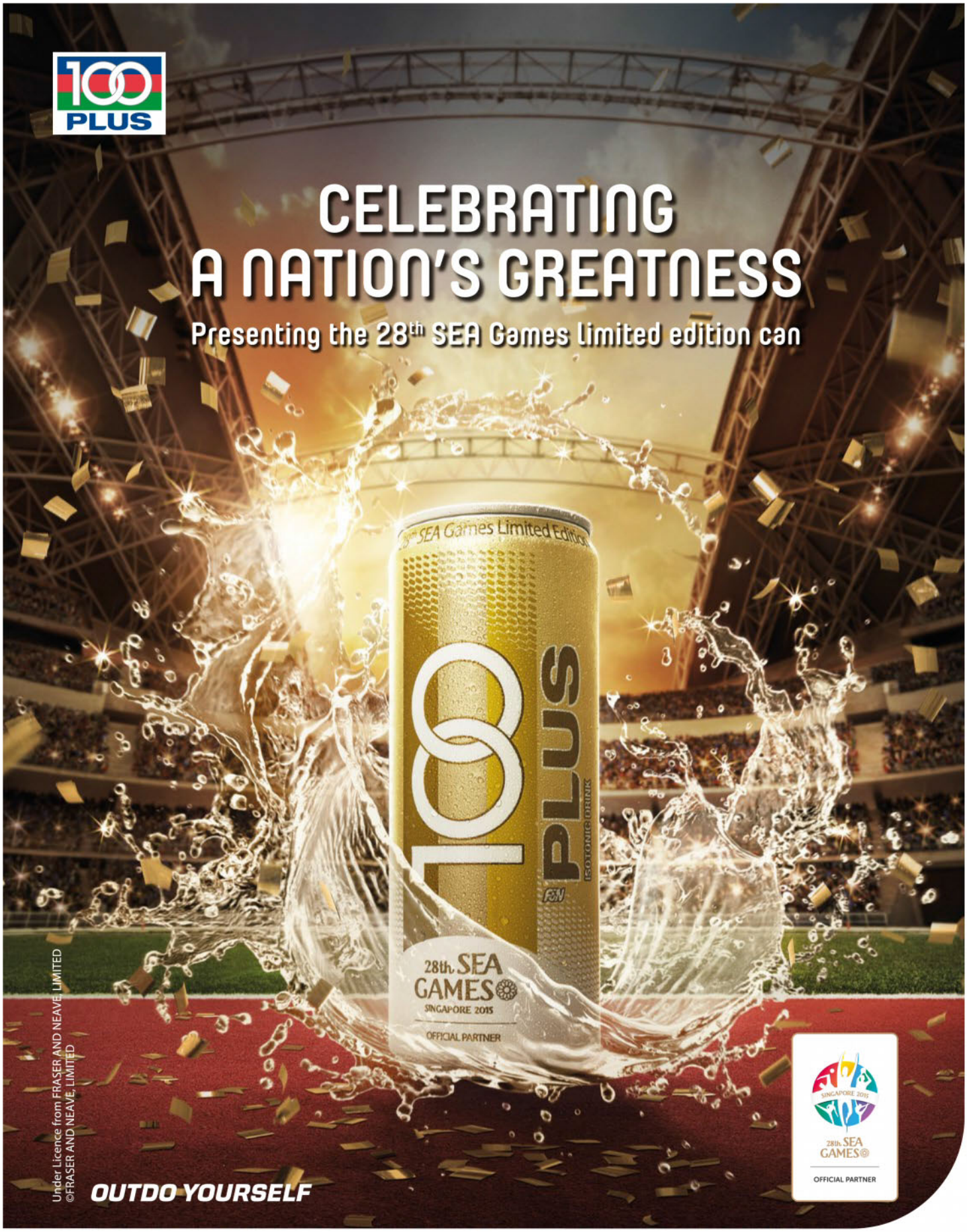
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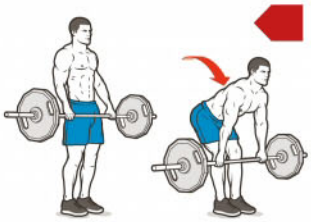


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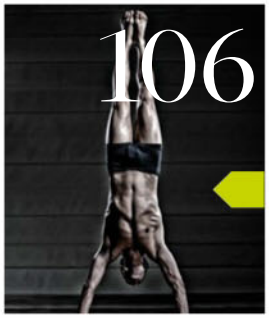




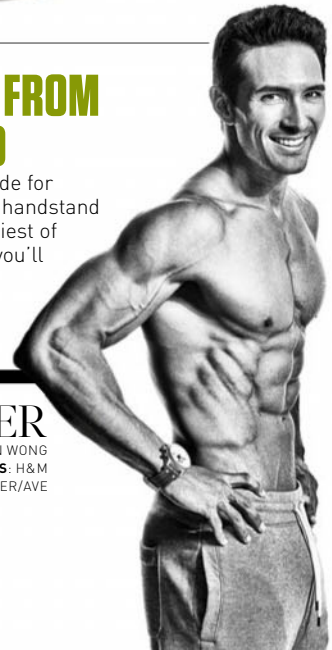
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ED'S NOTE

DON'T TAKE RUNNING FOR GRANTED

I used to hate running. The act of having to shake lethargy and rust from my bones, push myself into a heaving, sweaty mess, and end up with sore muscles the next day just wasn't appealing.

I do, however, love my football, in which lots of running is required. And as the years ran by (pun intended), there was no way around it – running was a necessity to keep up with the younger and fitter kids in the park. So, grudgingly, I picked up a Bluetooth headset (gosh, I hate dangling wires) and set about pounding the pavement thrice a week. But only because of the football, I reminded myself.

Then came a meniscus tear and hamstring rupture six months ago. I'd be out of physical activity for at least six months, my specialist advised. Sunday mornings were the worst. I'd wake up and feel the ache in my knee, reminding me I couldn't stick to my usual football routines.

But as time passed, I felt a pang for something else. At first I couldn't tell what it was. But then, as I watched the thousands of runners at the *Men's Health* Urbanathlon a few months back, I realised what it was. I missed running.

Fortunately, I'll get to do it again soon. My good doctor has revealed I'm on the road to recovery, and should be well enough to run again in the near future. Which makes this month's *Guide to Running* timely for me. It's packing stellar advice on how to get back into the running grove, as well as timely wisdom on how to go faster and further.

I hope it'll prove as useful for my fellow runners, too.

Kelvin

EDITOR

5 SKILLS YOU'LL HAVE MASTERED AFTER READING THIS ISSUE

1 **P34** THE PERFECT MENU TO CHARM HER.

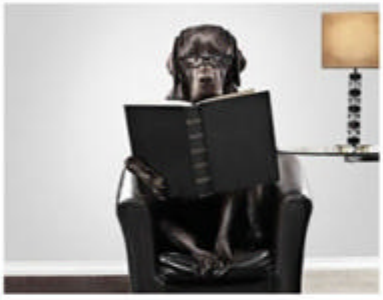




2 **P48** 7 PLACES TO ADD TO YOUR TRAVEL BUCKET LIST.

3 **P12** FIGURE OUT WHAT'S THE BEST HANGOVER CURE.





4 **P36** WHY READING MAKES YOU SEXIER.

5 **P56** HOW TO BREATHE PROPERLY.



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ACE YOUR IPPT: 10 TIPS FOR A PERFECT PUSH-UP

Now that IPPT standards have changed, it's time to buckle up and aim for that $400 incentive. That's a lot of money to reward your efforts in attempting perfect push-ups, part of the revamped IPPT system. We have 10 tips to edge you closer to avoid hearing a "no-count".
www.tinyurl.com/mhperfectpushup



5 WAYS TO COOK CANNED TUNA AND FEED MUSCLE

Canned tuna may be high in protein, but it's exceedingly boring in terms of taste. Incorporate the fish with other dishes, however, and you'll end up with quality chow that adds variety to your post-workout menu.
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ASK MEN'S HEALTH

LIFE'S QUESTIONS ANSWERED



Feeling shabby after a big night out? Thankfully, there are many ways to knock a hangover on the head.

WHAT IS THE BEST CURE FOR HANGOVERS?

– *Dave*

First, understand that a hangover is caused by more than just dehydration (though it does play a large role). Your body metabolises alcohol into acetaldehyde, which is toxic to brain cells, says Dr Robert Swift, a professor at Brown University's Center for Alcohol and Addiction Studies in the US. Another byproduct of booze breakdown is adenosine, a neurochemical that dilates blood vessels in the brain and causes a splitting headache. Pile on low blood sugar, a loss of electrolytes, stomach irritation and poor quality sleep, and it's no wonder you feel like you're the last survivor of a Quentin Tarantino movie. Try one of the following.

■ TEXT **BILL PHILLIPS** ■ PHOTO **BERND VOGEL/CORBIS**

1. WATER AT REGULAR INTERVALS

You've heard that dehydration is a major hangover cause – and it's true. The problem: Too much water only stretches out an already-irritated stomach, leading to (even more) nausea or vomiting. Instead, gulp 200ml of water every hour you're awake after drinking, Dr Swift recommends.

2. POP THE RIGHT PAINKILLER

That'd be ibuprofen. Acetaminophen (Tylenol) can risk liver damage – because both acetaminophen and alcohol are metabolised by the liver, boozing disrupts your liver from fully breaking down the toxins in the pain pills, Dr Swift says. And aspirin can upset your stomach.

3. GRAB GATORADE

After a few cups of water, switch to a sports drink. "The extra salt helps your body absorb the fluids more quickly," Dr Swift says.

4. BREW TEA

...but don't drink it. Steep black, chamomile or green tea bags in boiling water for 3 to 5 minutes, then let them cool. Lie down and place a bag over each eye for 5 to 15 minutes. The tannins in the tea constrict blood vessels and pulls the skin taught to battle puffiness.

5. EAT OATMEAL FOR BREAKFAST...

When researchers gave breakfasts to hung-over university students, those who ate slow-digesting carbohydrates, like oatmeal, performed better on mood and memory tests than subjects who chose simple sugar.

6. ...WITH A SIDE OF EGGS

The amino acid cysteine might help your liver recover from the stress of breaking down alcohol. Egg yolks, yogurt and poultry are good sources.

7. MEET WITH JOE

Caffeinated coffee will increase your alertness and ease the dilated vessels in your brain, says Dr Frederick Freitag, a specialist in headache medicine. Just limit it to one or two cups to avoid caffeine's dehydrating effects.

8. GET BUSY

Distraction – whether that's Fifa 15 or working out – won't solve anything, but you'll at least feel better in the moment.

LEGAL EASE

CAN I SUE IF I GET FOOD POISONING FROM A HAWKER? – *Gary*

A hawker owes a duty of care to his customers to produce safe meals and maintain a clean and safe environment, says Samuel Seow, managing director of Samuel Seow Law Corporation. If he breaches this duty, for example, by storing the food in unclean ways below a reasonable standard – and this directly causes food poisoning – he may be held to be negligent. However, the aggrieved customer must prove causation: that is, unsanitary practices the hawker adopted caused the food poisoning.

Do you have a question about the law that you want to find out? Please send it to us at magmenshealth@sph.com.sg.

The legal information here does not constitute legal advice. You should always consult a lawyer for the professional assurance that our information, and your interpretation of it, is appropriate to your particular situation, before you commence any sort of legal action. We are not liable if you fail to do so.



DOES SELENIUM SUPPLEMENT PREVENT CANCER? – *Samuel*

NO. Once touted as superheroes, selenium capsules may be more like Kryptonite. In fact, taking them may actually increase your risk of prostate cancer if your current levels are already high enough, a study in the *Journal of the National Cancer Institute* suggests. "The optimal daily selenium intake is about 55mcg, and the doses you see in these single supplements can be two to six times that," says study co-author Alan Kristal of the Fred Hutchinson Cancer Research Centre in the US. You'd need that much only if you have a deficiency, which is pretty unlikely because the typical diet contains plenty of selenium, says Dr Kristal. You probably consume a good deal of it in grains, meats and poultry. If you pop a multivitamin, select one that has less than 55mcg.

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SUCK LESS AT THE GYM

Breathing in some dude's BO is bad enough, but new evidence from Portugal shows that **your gym may be swarming with sickening air pollutants.** Researchers found that 82 per cent of the fitness centres tested had elevated levels of volatile organic compounds, including formaldehyde. VOCs can cause upper respiratory irritation and cancer. The combination of an enclosed space and heavy breathing means there's less clean air available to dilute indoor pollutants, says study author Carla Ramos. So take a sniff. Unless you detect a stale or chemical smell, your gym is probably fine. Still worried? Don't go during group classes or when the cleaning crew is at work. That's when the air quality is at its worst, she adds.

Your gym may be powdering your lungs with unclean air.

PHOTO COREY JENKINS/CORBIS

19

The percentage greater risk of stroke for every single-point increase in test scores measuring stress levels.

SOURCE: UNIVERSITY OF MINNESOTA



TAME THE E-MAIL BEAST

Constantly checking your inbox could make you a basket case. In a Canadian study, people reported feeling less stress when they looked at their work e-mail only about five times a day, rather than having free rein all day long. Set times to manage your inbox – say, 10 minutes at the top of each hour – and switch off your notifications the rest of the day. And keep your work and personal e-mail separate. Combining the two can lead to multitasking, which is also linked to high stress levels, says study author Dr Kostadin Kushlev.

PHOTOS (MAIN) BEAU LARK/CORBIS & (MOUNTAIN) ISAAC LANE KOVAL/CORBIS



THE DANGERS OF PHONE TAPS

We know you don't text and drive, but do you text and slump? **Using a smartphone can be murder on your back,** according to researchers at the New York Spine Surgery & Rehabilitation Medicine. Looking down at a phone can add as much as 27kg of pressure on your spine, their study found. Over time, that could cause your back and neck muscles to deteriorate, possibly to the point of needing surgery, warns study author Dr Kenneth Hansraj. To take the load off while tapping, keep your head up, scoot your butt forward and support your elbows with the seat's armrests.

ON OUR RADAR

LATEST RESEARCH YOU SHOULDN'T IGNORE



Hand sanitisers may increase the danger of absorbing bisphenol A (BPA) from cash register receipts, US scientists found. When people used a sanitiser, handled a receipt and then ate fries, their BPA levels were 42 times higher after 90 minutes – possibly high enough to boost heart disease risk. If you do take a receipt, wash your hands with soap and water afterwards.

OUTSMART PARKINSON'S

What you call kicking back, we call an invitation to illness. **Active guys have a lower risk of Parkinson's disease,** a degenerative condition that affects 50 per cent more men than women. Scientists in Sweden found that men who exercise, do household chores, and walk or bike to work are about 45 per cent less likely to develop Parkinson's than guys who admit to being sloths. The disease is linked to the loss of neurons that produce dopamine, a neurotransmitter that becomes more efficient with exercise, says study author Dr Yang Fei. Your weekly goal: at least six hours of physical activity, the minimum shown to be protective against the ailment.





THE WOOD WAY TO HEART HEALTH

Go into the jungle to relieve yourself. **Sitting around a campfire may lower your blood pressure.** In an American study, people who stared at – and listened to – a fire for 15 minutes saw their systolic and diastolic BP levels dip by 1.3 and 1.9 points respectively, compared to those who didn't embrace the flames. Study author Dr Christopher Lynn credits the comforting vibe and the fire's light spectrum, which can cause a trancelike state. Virtual flames can work, too, says Dr Lynn. Try Fireplace ($1.28, iOS) or Fire Place HD (free, Android).



The percentage increase in a man's risk of dying in the next 18 years if he's highly stressed.

SOURCE: *JOURNAL OF AGING RESEARCH*

3

The number of extra servings of vegetables eaten each week by men who spend more than two hours a day in the kitchen, compared to those who spend less than one.

SOURCE: *AMERICAN JOURNAL OF PREVENTIVE MEDICINE*

EXPLORE THE MILKY WAY



Pour another glass to save your butt. New research from Harvard University reveals that **adding calcium from dairy to your diet may help prevent colorectal cancer**. In the study, an extra 800mg of the mineral (around two cups of milk) above the Health Promotion Board's 800mg a day will cut the risk of the disease by around 16 per cent. According to researcher Dr Nana Keum, calcium may block cancer-promoting changes in genes and cells.

PHOTOS (MAIN) JOHN WILKES/CORBIS & (CAN) TIM PANNELL/CORBIS



DON'T FORGET THIS

Vitamin D may help you ward off dementia, a study in the journal *Neurology* suggests. Older adults who were moderately D-deficient had a 53 per cent higher risk of developing the disease later in life. The nutrient may help combat amyloid plaques, the brain abnormalities linked to cognitive decline. Start a good habit now and aim to eat 600 IU of D a day. Mackerel and tuna are great sources. Or you can pop a supplement.

BACK OFF THE ENERGY ELIXIR

Be careful what you wish for. In a Swiss study, **men who drank an energy drink and did a mentally stressful task saw blood pressure levels increase**. Their systolic and diastolic BP spikes were 6 and 3 points higher respectively than those of water drinkers. That jump, according to Dr Prediman Krishan Shah, an American professor of medicine and cardiology, could lead to heart problems.

The percentage proportion of men who pay little to no attention to the nutrition information at restaurants.

SOURCE: GALLUP



SUPER SPUDS

Here's how to tuck into your steak worry-free: Have a potato salad on the side. According to the latest Australian research, **cooking your spuds and leaving them to go cold** increases levels of butyriate resistant starch, a compound that cuts the number of cancer cells in your gut. And this is in no small way either: It will knock your risk level back down to its healthy norm, even if you've been on a meat-heavy diet. So quit the low-carb plan, pile on the potatoes, have your steak and eat it. The benefits are meaty.



ON OUR RADAR

LATEST RESEARCH YOU SHOULDN'T IGNORE

Cinnamon-infused teas reduce inflammation, reports an American study. So go on – down a cup to relieve sore throat or muscle soreness.

BUILD BICEPS THAT POP

Getting pumped might have benefits beyond vanity. **The "pump" – muscle swelling caused by increased blood flow – may help you build more mass**, according to a recent *Strength and Conditioning Journal* review. "Your cells adapt to the extra pressure by reinforcing their structure," says co-author Dr Brad Schoenfeld. Feel the pump – and see it – by doing high reps of isolation moves, like the biceps curl and the chest fly.

ON OUR RADAR

LATEST RESEARCH YOU SHOULDN'T IGNORE

In a Danish study, people who performed slow, weighted heel raises felt more relief from plantar fasciitis – an overuse injury common among runners – in three months than those who only stretched. The exercise may increase collagen production and your Achilles tendon's ability to handle load.

100

The percentage increase in the effectiveness of 20 minutes of daily weight training at reducing men's waist size, compared with an equal amount of cardio.

SOURCE: ***OBESITY***

GO TO THE MAT FOR YOUR HEART

Want to be a picture of health? Hold that pose. **Yoga may protect you from heart disease as much as running,** say researchers from Harvard University. They found that people who did the exercise had a similar reduction in heart disease risk as joggers and cyclists. (Not working out raised the risk.) The reason yoga works isn't clear, but it may have to do with the combination of strength-building exercise and stress-reducing relaxation, says lead study author Dr Myriam Hunink. To guard your heart, do three 60-minute yoga sessions a week.

A NEW SPIN ON CARDIO

You don't need a bike to build peloton-leading lung power. **Body-weight workouts can boost your cardio capacity,** say American researchers. They found that the burpee – a move that alternates between standing and push-up positions – taxed people's lungs as much as bike sprints did. Reap the same benefit: Do 30 seconds of burpees as fast as you can, then rest 60 seconds. That's 1 round. Do up to 10.

PHOTO CHRIS RAINIER/CORBIS

WEIGHT LOSS
BULLETIN

42

The percentage more junk food in a shopper's cart when he pays for his purchases with a credit card instead of cash.

SOURCE: CORNELL UNIVERSITY

MORE TASKS, MORE FLAB

Getting it from all angles at work? American researchers found that **juggling jobs wears out your self-control.** Avoiding chips thus becomes one task too many. The fix? Set deadlines and reward yourself when you hit them (for example, "no tea until I finish this report"). Call upon Rescuetime (www.rescuetime.com) to track wasted time online in the same way you track calories.

WATCH YOUR SOFT SIDE

You're a supportive guy, sure, but **your empathy may mean you're taking on too much emotional baggage.** In a German study, 40 per cent of people who saw their partners in trying situations experienced a spike in cortisol, a stress hormone. This "empathetic stress" triggers a fight-or-flight response, and the resulting deluge of cortisol can increase your risk of heart disease, insomnia and weight gain. A healthier play: Provide positive support without feeling angry or upset on her behalf.

THE LIQUID DIET FOR SOLID GAINS

It's the fluid on your plate – not next to it – that really counts. A study published in *The American Journal of Clinical Nutrition* found that water in a glass quenches your thirst... and very little else. Instead, **the scientific seal of approval has switched to water-rich foods,** such as lettuce, celery and cucumber. The higher the water content in a foodstuff, the lower the energy density, which helps cut your calorie intake without compromising portion size.

ON OUR RADAR

LATEST RESEARCH YOU SHOULDN'T IGNORE

Wearing a white T-shirt may make you look fat, but it can also improve your focus during a workout, says a piece of interesting research published in the *Psychology of Sport and Exercise* journal.

PHOTO JOHN SMITH/CORBIS

SEX
BULLETIN



ON OUR RADAR
LATEST RESEARCH YOU SHOULDN'T IGNORE

Yes, you definitely need a few spritz of fragrance after your workout. A study in *Plos One* found that body odour interacts with the chemicals in fragrances to create an altogether more pleasant scent.

BUILD HER UP
It's not what you do in bed, but what you do out of it, that can take her there. According to a new study in *The Journal of Sex Research*, **women who were more assertive and confident in their relationships were more likely to reach orgasm.** The most sexually content women felt closely in sync with their men mentally, possessed high sexual self-esteem, were comfortable communicating their sexual desires, and weren't tense or anxious about their sexual abilities and performance. The lesson: Focus on making her feel good outside of the bedroom, and the rewards will come.

STALK AWAY

Drop the oyster for this cholesterol-free aphrodisiac. Researchers in the US have found that **chowing down on celery can make you more attractive to women:** A single stick equals sexual dynamite. Its appeal-enhancing potential comes down to two pheromones, androstenone and androstenol, which increase your allure by altering the sweat in your glands. Crucially, it starts working instantly, so keep that in mind next time you bring out your wine-and-dine game. Just don't be surprised if you're not sticking around for dessert.

GET OUT OF THE DOGHOUSE
All you need to do is to crack a joke. **Making her laugh mid-fight is your smartest route out,** reports the *Journal of Personality and Social Psychology*. Just make sure you're poking fun at yourself or a third party – never her. If you're not confident of your humour chops, a good alternative is a hug. Skin contact releases the bonding hormone oxytocin.

69

The percentage of women who judge men based on their grammar.

SOURCE: MATCH.COM SURVEY

PHOTO VINCENT BESNAULT/CORBIS

ALPHA α MALE

SEX • COUPLES • HEALTH • NUTRITION • **GUY WISDOM** • STYLE • GROOMING

GLORY HUNTERS

THESE FOUR SEA GAMES ATHLETES WILL BE AIMING TO DO SINGAPORE PROUD AS THEY GO IN SEARCH OF GOLD ON HOME SOIL. LEARN HOW THEY BURNISH THEIR COMPETITIVE STEEL.



TEXT **KELVIN LEONG** ■ PHOTOGRAPHY **MICHAEL TAN** ■ ART DIRECTION & DIGITAL IMAGING **ASHRUUDIN SANI**

RUGBY 7s

TAKING UP THE TORCH

Growing up in a family of professional athletes, Blandon Tan of the Singapore Rugby 7s knows the pressure of representing the Lion City. But he takes it in his stride and only thinks of putting his body on the line with the flag on his chest.

He reveals: "Everyone in my family was involved in sports. My parents were both national volleyball players, and that's how they met! My elder brother was part of the U-17 football team, and my young brother plays rugby, too."

Being involved in a physical contact sport means knocks and bruises are part of the game, but the bond he shares with his teammates is what keeps him motivated on the field.

"The adrenalin I get from the game keeps me coming back for more. But, more importantly, I get to play and train with close friends, and we sweat blood and tears together for the common goal," he says.

"In the game of 7s, where every moment is intense and fast, anything can happen and a game can change within seconds. We have to keep telling ourselves not to be complacent, and treat every opponent seriously from the first till the last minute."

Blandon reckons the sheer euphoria of the Games happening on home soil will be the advantage his team needs in its quest for glory.

He declares: "Our target is to win the gold medal in our backyard and make Singapore and the rugby fraternity proud. It doesn't matter what and how I contribute, as long as we reach the team's goal and objectives. Can't get any more exciting than to play in front of a home crowd. It's going to be awesome. I can't wait."

OUTFIT UNDER ARMOUR

BLANDON TAN
AGE: 28

"MY PARENTS WERE BOTH NATIONAL VOLLEYBALL PLAYERS, AND THAT'S HOW THEY MET!"

DECATHLON

JACK OF ALL TRADES

Most athletes are challenged with one discipline, but for Lance Tan Wei Sheng, that's a walk in the park, given how he has to cope with 10 as a decathlete!

Decathlon events are split into two competition days, with the 100m, long jump, shot put, high jump and 400m on the first, and the 110m hurdles, discus, pole vault, javelin and 1,500m taking place the following day.

Citing his coaches – Patrick Zhender, Tan Chong Kiat and Melvin Tan – as his mentors, Lance prides himself as a very "versatile" athlete. And his achievements at various meets – silver at the 2009 Inter-varsity Polytechnic Triple Jump and seventh at the 2012 Asean University Games – justifies his confidence at the upcoming event.

He says: "Training for 10 events seven days a week is tough. Focus and efficiency during training is key to maximising my potential. With my full-time job as a research engineer, I push myself to hit the track after work and on weekends, each session lasting around four hours."

While the entire nation waits with bated breath, he is using home-ground advantage as his motivational factor, and vows to leave everything on the field come June in front of his supporters.

"It's already an honour and a privilege to be representing Singapore in our own backyard. I'll give 100 per cent in every event and strive to achieve personal best for all disciplines."

■ OUTFIT ASICS



LANCE TAN WEI SHENG
AGE: 25

"I PUSH MYSELF TO HIT THE TRACK AFTER WORK AND ON WEEKENDS."



FOOTBALL

ALL-ACTION HERO

▶ Right-back Al-Qaasimy Rahman, 23, will strap the captain's armband around his bulging bicep as he seeks to rally the Singapore U-23 football team to deliver the elusive men's gold medal, knowing full well that "many legends have come close" but never struck gold.

Mental toughness will be the difference between success and failure, Qaasimy believes.

"My upbringing made me tough," he says. "Two words I echo in my head when walking onto the pitch: bravery and aggression. No man is too big, and no mountain is insurmountable. We may not succeed, but we will put it all on the line and have a good go at it."

Known as one of the gym rats in the local footballing scene, Qaasimy pounded the gym floor since he was 18, conditioning his body to allow his footballing skills to shine through at the top level.

"Some people find gym sessions a chore, but for me, it's my haven. Once I step into the gym, I put aside all thoughts and focus on the heavy machinery in front of me. No point standing around to look good; might as well make that one hour's work worthwhile. You don't look good by just staring at the weights," quips the chiselled defender.

The Singapore team is set to face the likes of defending champions Thailand, arch-rivals Malaysia and Vietnam among other Asean countries, as they vie to deliver the one medal that has eluded it since the inception of the tournament in 1959.

■ OUTFIT MIZUNO

AL-QAASIMY RAHMAN
AGE: 23

"NO MAN IS TOO BIG, AND NO MOUNTAIN IS INSURMOUNTABLE."

ATHLETICS

OLD BUT GOLD

In the world of sprinting, it's rare to hear of an athlete who's still at the top of his game when he touches 30. But veteran sprinter Kenneth Khoo is still aiming to give younger runners a run for their money in the 4x400m relay.

"It's a personal challenge – to prove that I can compete at the highest level and show the young ones how it's done," he says. "I'm always in awe of athletes like C. Kunalan and Aleksandar Duric who continued to deliver at the highest level despite their age. They serve as a reminder that you can do it as long as you want it."

Kenneth reckons the reason he refuses to hang up his spikes is because of the journey that comes with being a professional athlete.

"I simply love running," he says. "The thrill of pushing my body to see how much faster I can run; the euphoria of winning; and the bitter taste of defeat – they all come together like a symphony. That is the motivation for me – to continue this journey for as long as I can and go that extra yard or two."

With the Games coming back to Singapore after a 22-year hiatus and the expected ferocious home support, he is grateful he will have another shot at erasing his biggest regret in the sport.

"That would be not to have broken the 4x400m national record," says the veteran. "We could have taken it as early as 2005 but circumstances held us back. I don't want to look back anymore. And if I'm picked to run the relay in June, I promise we'll have a good go at that record and hopefully rewrite history."

TOP **BROOKS** ■ SHORTS **2XU** ■ SHOES **MIZUNO**

KENNETH KHOO
AGE: 30

"I PROMISE WE'LL HAVE A GOOD GO AT WRITING HISTORY."



ATTACK OF THE SEX KILLERS

WHEN FOREPLAY AND A FEW CANDLES WON'T DO THE TRICK, TRY THESE MOVES TO OVERCOME THE MOST COMMON BEDROOM OBSTACLES.

TEXT ELIZABETH LAWSON ■ PHOTO JAMIE KINGHAM/CORBIS

Sometimes, sex actually works the way it does in the movies: You throw open the door, her heels fly off, you shatter a vase (not again!) and she climaxes in two minutes – so loud your neighbour knows. But more often, it doesn't go quite so right. Life can be a libido killer. The kids barge in just as things are heating up, or that whiskey and soft drink messes with your swizzle stick. (We've all been there.)

Here's what you need to know: These little problems are perfectly normal and could even turn out to be positive for your relationship if you use them as opportunities to try new things in the bedroom, says sex therapist Megan Fleming, founder of GreatLifeGreatSex.com. In doing so, you'll mount a rescue mission for her arousal – and yours.

Ready to break down the door to a better sex life? Consider these your keys to fewer problems (and more broken vases).

SEX KILLER 1
YOU'RE BOTH TOTALLY STRESSED OUT

→Bad news: You want sex to relieve tension, but your woman may avoid it because stress kills her desire, says Dr Mary Jane Minkin, a clinical professor of obstetrics, gynaecology, and reproductive sciences at Yale University.

THE FIX Talk to your harried honey about carving out specific windows of time that you each can devote to your "have-tos". Do all your worrying then, which will leave your sex life stress-free, suggests Dr Madeleine Castellanos, the author of *Wanting to Want*. That way, you can relax and let the tension-busting benefits of lovemaking be a happy side effect.

SEX KILLER 2
SHE EXPERIENCES PAIN DURING SEX

→Doing the deed can start to feel like a chore if it hurts. Pain upon penetration is typically due to dryness or a vaginal infection, says Dr Minkin, but you shouldn't rule out a more serious issue.

THE FIX She should see her doctor for a diagnosis. Meanwhile, try a quality silicone lube, like Superslyde (www.superslyde.com). It's slicker than glycerin-based lubes. And don't be stingy. Start with a generous dab onto your fingertip and apply where needed. Ask her where she wants lube as well.

SEX KILLER 3
SHE'S A FEW MONTHS PREGNANT

→Expect less if she's expecting. In a *Journal of Sexual Medicine* study, 42 per cent of pregnant women said they felt less attractive, and one in four said their husband's desire dipped during pregnancy.

THE FIX Forget the bedroom gymnastics and pick the most comfortable sex positions for her. After all, you're the one with agility. Also, you'll be pleased to note a perk of pregnancy: She may gain about a kilo in her breasts alone. Nipple sensitivity also skyrockets, but it can cause discomfort, warns Katherine Rachlin, a New York City sex therapist. Coat your fingers with body oil and then give her a relaxing rubdown. The massage should help put her in the mood for love.

SEX KILLER 4
THE KIDS NEVER LEAVE YOU ALONE

→Screaming, whiny children don't make for the best soundtrack for seduction, and if your wife is the primary caregiver at home, she may have trouble transitioning from diaper changer to seductress.

THE FIX Turn your bedroom into a boudoir. "Make space for sex to happen by protecting your space," Dr Castellanos says. Tell your kids that your bedroom is an adults-only zone. And give Elmo the boot, too. "If toys are lying around, it's hard for her to step out of the caretaking role," she says. "Sometimes, you need to physically separate in order to mentally separate." Also, remember to close and lock the door, please.

SEX KILLER 5
YOU'VE HAD A FEW DRINKS TOO MANY

→Even if you're not completely sloshed, your hardware might be temporarily out of service. "Alcohol depresses the nervous system, so men may have difficulty reaching orgasm," Dr Castellanos says.

THE FIX Your inhibitions are lowered, so suggest a crazy sex move from your playbook. "You already have muscle memory for it, and you know it's fun," says Megan. Too wiped out? Try doing the deed standing up (on your feet). This way, you don't risk nodding off as you might lying down.

SEX KILLER 6
YOUR SEX LIFE LACKS SPARK

→Not missionary again, you think. Every couple is susceptible to predictability between the sheets. But while the same old moves may feel safe, they will eventually lead to bedroom boredom.

THE FIX Prime yourselves for arousal by squeezing in a workout, pleasuring yourself or reading novels with erotic content. "When you come together, you'll both be sexually alive and can spark with each other," says Katherine. Then take turns touching and exploring, talking about what feels good. Use the answers to help both of you find some new go-to moves.

"WHEN YOU COME TOGETHER, YOU'LL BOTH BE SEXUALLY ALIVE AND CAN SPARK WITH EACH OTHER."

THREE WORDS TO LIVE BY

THE BEST ADVICE IS BRIEF, AND YET IT RESONATES THROUGHOUT YOUR LIFE. PLUS, IT'S EASY TO REMEMBER AND MAKES A TON OF SENSE. OPEN YOUR EARS.



LIFE IS SIMPLE

Keep her happy.
Chew your food.
Drink more water.
Don't steal stuff.
Ferrets aren't pets.
Check your spelling.
Invest in shoes.
Always say goodbye.
Don't be creepy.
Finish your swing.
Keep your word.
If late, call.
Stop shaving naked.
Count to 10.
Don't hit people.
Say you're sorry.
Ask more questions.
Make out more.
Practise the toast.
Eat more protein.
Study the loss.
Don't get sloppy.
Make your point.
Salt pasta water.
Listen, don't talk.
Tell the truth.
Do your homework.
Lose the earbuds.
It's not "ginormous."
Bring her flowers.
Consider the source.
Use vacation time.
Stop your whining.
Go all in.
Eat more hummus.
Same for guacamole.
Think before posting.
Don't do drugs.
Clean your tools.
Take a honeymoon.
Facebook isn't real.
Maintain your focus.
Floss every day.
Hold the door.
Get up early.
Start with lay-ups.
Congratulate the winner.

DON'T SLIP AWAY

Track down the hosts of the party and everyone you had more than casual words with. Smile. Shake hands. Look at her long enough to remember her eye colour. Say her name and then: "It was great talking to you about Peru." (Unless you didn't; that was just an example.) Letting her know she was memorable makes you memorable.

Your expert: Carol Kinsey Goman, author of The Silent Language of Leaders

KEEP IT SHORT

With eye contact and an even tone, say: "I totally screwed up. I'm sorry." Then stop talking. You've owned the problem, and your brevity displays respect and sincerity. Rambling makes it about you (bad) and leads to excuses (worse).

Your expert: Carl Alasko, therapist and author of Say This, Not That

CURE BLANDNESS NOW

Pasta lacks salt and therefore flavour. Add enough kosher rocks to boiling water so it tastes like the sea. There's now no need to overseason the sauce; you've created a dish called balance.

Your expert: Michael White, chef and co-owner of Marea in New York City

COME BACK STRONG

Worried about appearances? The company approved your time off. Just remind your boss who will cover for you. The boss is now happy. So go, relax, and then come back re-energised.

Your expert: Bob Corliss, CEO of clothing company Robert Talbott

TREASURE ALONE TIME

You'll de-stress and make memories to call up when you re-stress. More important, new couples create things, like bills and babies. The longer you delay a honeymoon, the harder it is to justify, schedule and enjoy.

Your expert: Paul Hokemeyer, a New York City marriage and family therapist

DELAY YOUR BOMBS

First, hone your release against a wall. Then shoot some lay-ups and work your way out to three-ville.

Your expert: Tommy Amaker, men's basketball coach, Harvard University

TEXT **STEVE CALECHMAN** ■ PHOTO **BARRY BLACKMAN/CORBIS**

REAL LIFE, STAGE LIFE I'M CONFIDENT!

HEALTHIER SCALP HELPS TREY WEARS HIS HAIR CONFIDENTLY



HAIRCARE REGIME

TK TrichoKare is the official Trichological Centre for theatre play, Titoudao. It is in the delights of the Trichological centre to be supporting the art scenes and being the sole hair and scalp care provider for Trey and casts.

As an actor and creative director of his show company PLAYInc, Trey revealed his secrets to looking fabulous is none other than putting in efforts to well-being. Trey has been visiting TrichoKare for treatments amidst his involvement with the recent play.

MAGNIFY THE HAIR ROOTS

Trey could not have imagined the sight of dandruff and scalp greasiness magnified to his eyes. It then hits him that he has been neglecting the scalp. The personalized therapy includes active ingredients such as Burdock to improve scalp health.

"Hair plays a big role to our personal appearance. I don't think confidence works if you are unkempt", he shared.

SMS 977-58-777 <MN><NAME><NRIC> to begin your scalp care regime!

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How To Date
MAGGIE GRACE

NOT EASILY TAKEN

ACTRESS MAGGIE GRACE REVEALS WHAT TRULY SECURE MEN DO DIFFERENTLY.

WITH LEGS LIKE THESE, IT BECOMES QUITE CLEAR WHY THE BAD GUYS CHASED HER FOR THREE WHOLE MOVIES.

TEXT **NICK MARINO** ■ PHOTO **JOHN RUSSO/CORBIS**

Maggie Grace would like to talk about the C word. "I feel like we hear too much that girls love confidence," says the single 29-year-old actress who starred as Liam Neeson's daughter in the *Taken* trilogy. "And there's this misinformation out there," she continues, "that if a girl's really cute, then she's used to being hit on, and that you won't stand out unless you do something unexpected and treat her differently. You hear those things a lot. And it just ain't so."

Confident men may feel the need to dominate, from that first meeting through every little disagreement. But Grace says: "True power isn't domination. It's decisiveness and security with who you are as a man – that's what's really sexy." So ease off on the showboating when meeting women. And the next time an argument brews with your significant other, ask yourself Maggie's simple preemptive question – "Do you want to be right, or do you want to be happy?" – and avoid the fight altogether. Now, that's taking control of a relationship.

I'm always glad when a man...

is comfortable with affection. Physical touch. I think the population's probably 50/50, but I'm definitely on the affectionate side. Good old oxytocin and vasotocin – they make life better.

A man's touch...

is steadying and keeps me present.

Real men never...

stray from what's really important to them in an effort to impress others. I live in Los Angeles, so I would say the culture here is a little different. It's a lot more about impressing and appearance than in some other places.

> TRUE POWER ISN'T DOMINATION. IT'S DECISIVENESS AND SECURITY WITH WHO YOU ARE AS A MAN – THAT'S WHAT'S REALLY SEXY.

I wish I could teach every guy how to...

wrap his arms around a woman in a way that she knows she could absolutely faint and he'd catch her. That clasp around the lower back is the sexiest thing in the world.

To make me feel special...

let what's important in my life become important to you, too.

IT'S IN THE FINGERS

Take a look at your right hand. Is your ring finger longer than your index finger? If so, you may be more likely to seek out lots of sex partners, suggests new research from the UK.

On the other hand (pun intended), if both digits are roughly the same length, you may be genetically pre-programmed to crave one long-term mate.

Here's why: A longer ring finger is a sign you were exposed to lots of testosterone in your mother's womb. And that T exposure has been tentatively linked to higher rates of promiscuity, the UK researchers say.

Make no mistake, though: "Many dozens of factors combine to affect how promiscuous you are," says study coauthor Rafael Wlodarski of the University of Oxford. Those factors range from your friendships and personality traits to your culture and environment.

Dr Wlodarski says finger length may be able to predict promiscuity when applied to big groups of people. But at the individual level, it's just one of many variables. – MARKHAM HEID

THREE-COURSE FOREPLAY

WIN HER HEART WITH A GOURMET-STANDARD DINNER, EACH DISH DRIPPING WITH NUTRIENTS TO PUT HER IN THE MOOD.



WOULDN'T IT BE GREAT IF YOU COULD ACTUALLY EAT YOUR WAY TO MORE FUN IN THE BEDROOM?

TEXT **ED CHIPPERFIELD** PHOTO **VINCENT BESNAULT/CORBIS**



1

Rampant sex drive
CHILLED ALMOND SOUP
by Lukas Pfaff, head chef at UK restaurant Sartoria

- **Almonds, 200g**
- **Almond or soya milk, 600ml**
- **Pomegranate seeds, handful**
- **Fresh basil, handful, torn**
- **Oil, drizzle**

First, put in the groundwork. Soak the almonds in water overnight. On the day of the date, rinse and blend with the milk until they reach a smooth consistency. Serve in a bowl with the pomegranate seeds, basil and a drizzle of extra-virgin olive oil. The almonds will help you both relax: Their vitamin E has been shown to lower the libido-killing effects of stress – particularly good for those pre-date nerves. "Plus, the basil improves your circulation, and pomegranate can increase testosterone levels by 30 per cent," says Lukas. Serve this and consider her appetite whetted.

2

Culinary chemistry
KOREAN STEAK
by Joe McCafferty, chef at UK joint Flesh & Buns

- **Garlic, 3 cloves, chopped**
- **Red chilli, 1, chopped**
- **Cooking sake, 5 tablespoons**
- **Sirloin steaks, 2**
- **Korean chilli paste**
- **Sesame paste, 2 tablespoons**
- **Honey, 5 tablespoons**
- **Soya sauce, 2 tablespoons**

With the evening off to a flyer, whisk up some romance – or rather the garlic, chilli and sake with a little salt. "Capsaicin in the chilli increases heart rate and endorphins," says Joe. Marinate your steaks for at least 10 minutes, then place them in a searing hot pan with a little oil and cook for three minutes each side. Leave to rest. Then cut them into 2cm to 3cm chunks. For the sauce, combine the two pastes, honey and soya sauce. Zinc from the sesame increases sex hormones for you both. Serve with a knowing smile. Oh, and a bowl of steamed brown rice.

3

Seal the deal
ROASTED BANANAS
by Tom Cook, chef at Le Pont de la Tour in the UK

- **Double cream, 200g**
- **Caster sugar, 100g**
- **Dark chocolate, 100g, broken**
- **Water, 25ml**
- **Peanuts, handful**
- **Bananas, 2**
- **Butter, 20g**

It's almost a done deal, but this dessert will help seal it. Boil the cream with half the sugar, then pour onto the chocolate and mix until smooth. If she asks to lick the spoon, let her. Boil the rest of the sugar with the water until it goes light brown. Stir in a few nuts, then let it cool. Lightly fry the bananas, sliced, side down in butter. Plate up, sprinkling the rest of the nuts and drizzling the chocolate sauce over. "The peanuts and chocolate are good for sexual stamina," says Tom. We're confident you'll be putting that theory to the test.

HIT THE RIGHT NOTE

Play out the perfect aural stimulation during your dinner for two.

You may not want to impress with your non-conformist taste in music, but hear us out: A *Psychology of Music* study found melodies with soppy lyrics make a woman more receptive to romance. Line up this playlist, made up of Spotify's most-streamed love tunes, and stay on track.

ADELE
Make You Feel My Love

JASON DERULO
Marry Me

AEROSMITH
I Don't Want To Miss A Thing

JACK JOHNSON
Better Together

ELVIS PRESLEY
Can't Help Falling In Love

BRUNO MARS
Marry You

SIXPENCE NONE THE RICHER
Kiss Me

KINA GRANNIS
Valentine

HOW BIG IS YOUR... LIBRARY?

MANY WOMEN FIND MEN WHO READ EXTREMELY SEXY. SONIA SANDHU TELLS US WHY.

One Instagram account has been getting women all hot and bothered lately – and it doesn't even have anything to do with sex, naked men or any number of shades of grey.

Hot Dudes Reading (www.hotdudesreading.com) consists of photos of, well, good-looking men partaking in literary pleasures. And if you've read the comments from women there and on other social media sites, you'll know that they're already fantasising about these anonymous men.

While not all women love men who read, this type of men are highly sought after by a lot of us. Whether you're reading a "serious" book, newspaper or magazine, we like the fact that you enjoy reading, period. It's considered one of the most desirable habits we'd like our men to have.

So why do so many women dig men who read?

SEXY LONER

A man who loves to read shows us that he enjoys his own company because he can keep himself amused without relying on others. He doesn't need to be surrounded by beer and balls (of the sporting kind) in order to be entertained. When a man is okay with being with himself, it shows us that he has confidence, which is a very sexy trait.

MANLY HOBBY

It doesn't matter what a man is reading – a newspaper, a magazine, a work of fiction, a businessman's biography, a sports magazine, a finance manual, even a "geeky" book... it definitely beats watching a man play video games. Let's put it this way: Boys play video games; men read.

TELLING STORIES

In our experience, men who are well read are generally more imaginative, too. They are also more open to different points of view and knowledgeable about various topics. They appreciate the power of a story and are great storytellers. Plus they tend to like the look and feel of the pages of a book... touching it, turning it – which tells us they enjoy the simple, old-fashioned things in life. We mean a real book, not an electronic device, which isn't quite the same. It's kind of like boobs – the real thing feels a heck of a lot better.

BRAIN POWER

It's a known fact that women find men's brains far sexier than their bodies. We are also more attracted to those who can stimulate us intellectually (physical stimulation must be present, too, of course). This, for sure, is very promising in a man who reads.

LINGO STAR

Reading undoubtedly improves a person's language skills, so men who read have a better grasp of the English language. We honestly are impressed by men who are able to articulate well and can express themselves clearly. After all, there's nothing sexier than a cunning linguist.



In a dog-eat-dog world, books may well be man's best friend.

PHOTO JUSTIN PAGET/CORBIS









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DON'T GET SCREWED IN LIFE. GO FOR CHECK-UPS, ESPECIALLY AFTER AGE 40, AS PROSTATE CANCER IS AGE-SENSITIVE.

A DEADLY SILENCE

UNTIL RECENTLY, PROSTATE CANCER HAS RARELY COME UP IN CONVERSATION. LESS COYNESS COULD CATCH A KILLER THAT LEAVES VERY LITTLE SIGNS OF ITS PRESENCE UNTIL IT'S TOO LATE.

TEXT **MIKE SHALLCROSS**



here is the prostate? Seven out of 10 of us don't know, despite the widely reported news of Prime Minister Lee Hsien Loong's diagnosis and subsequent treatment for prostate cancer earlier this year. For the record, the gland sits just below your bladder and north of the pelvic floor (the area between the anus and scrotum). In other words, the prostate is ideally located for its function of nourishing your sperm.

Yet cancers seldom come commoner. In Singapore, it's the third most common affecting the male population, touching 3,456 men from 2009 to 2013 and making up 12 per cent of the cancers diagnosed in men, according to a National Registry of Diseases Office report published this year. The majority of the prostate cancer stages were diagnosed at stage II (49.3 per cent), followed by stage IV (27.8 per cent). The latter figure reveals a stark truth: Many cases go undetected until the cancer has reached its final stage and spread to the surrounding nymph nodes and bones.

These undetected cases could be due to men's "self-seeking behaviour", says Dr Colin Teo, head of the urology department at Khoo Teck Puat Hospital. "While prostate cancer is generally a slow-growing one, there is still that fear of being diagnosed with cancer. So men tend not to consult a doctor even if they are aware of the symptoms."

WEIGHING THE TUMOUR

There are two kinds of prostate cancer – one spreads quickly while the other is slow-growing. "There is a Gleason score, ranging from two points to 10 points, that evaluates the type of prostate cancer," points out oncologist Dr Wong Seng Weng.

"The higher the score, the faster the tumour spreads – first to the bones, then to the lungs and liver," he elaborates. "In the case of an elderly man who has slow-growing prostate cancer, he may be advised against seeking treatment."

His reasoning makes sense: If the elderly person has multiple other medical problems that are probably going to affect his longevity, the cancer treatment might not be worth the risk.

Dr Roger Kirby of the Prostate Centre in the UK agrees: "In fact, 80 per cent of men over 80 show some sign of prostate cancer." In other words, make it this far and you're more likely to die with prostate cancer than because of it.

"That's why health professionals prefer to talk about prostate cancers," says

> "IF YOU HAVE A POSITIVE FAMILY HISTORY OF PROSTATE CANCER, GETTING A TEST AT AGE 40 MIGHT BE BETTER."

Dr Iain Frame, director of research at Prostate Cancer in the UK. The violence with which they attack the body runs the full spectrum – from a kitten that needs its claws clipped to a sorely pissed-off Bengal tiger. The trick is telling one from the other. While genetic advances are making this easier, a doctor still needs a timely diagnosis to halt the latter in its tracks.

"It's strongly age-related, so a man in his 30s or 40s doesn't need to be too concerned," Dr Kirby adds. "But if you have a positive family history or had a vasectomy performed previously, you might want to think about getting tested from around the age of 40."

PROSTATE CANCER IN NUMBERS

55: Your risk of contracting prostate cancer increases drastically when you hit this age.

1.5: The times greater likelihood of contracting prostate cancer if you're of Chinese ethnicity.

49.3: The percentage of men with prostate cancer at stage II, where a five-year survival rate is near 100 per cent.

27.8: The percentage of men who are diagnosed at stage IV, where five-year survival rates are just 28 per cent.

700: The number of men in Singapore who died from prostate cancer from 2009 to 2013.

HUNTING THE KILLER

If you do hit the risk categories, your first step is to request a prostate specific antigen (PSA) blood test, which measures levels of a protein that can be a marker of the disease. But it's a far from perfect indicator. GPs are often reluctant to test those under 50, and critics refer to the test as a "producer of stress and anxiety", as a high score can often have an innocent explanation – keen cyclists often have high PSAs, possibly due to the gland's location. But it's not your first number that really matters; it's the variance in the next one that's crucial.

"PSAs are sequential," says Dr Kirby. "So it's good to get a baseline in your 40s, then compare it with the next." Again, our ignorance of the disease rears its head. About 70 per cent of American men over 50 are reported to know their PSA scores. Ask 50 kopi-chugging uncles here and you'll likely hear a different story.

Perhaps some of our wilful blindness is based on the next step of the testing process, the Digital Rectal Examination (DRE). There's no way to sugarcoat this: A clinician may need to put his finger up your bum. "It's a tiny bit uncomfortable, but it's over in 30 seconds – and it's better than dying of cancer," Dr Kirby argues.



Dr Frame, who has been championing a computer-based risk calculator for the disease that cuts down the number of DREs, is conscious that his alternative can deter men from presenting at their doctor's. But perhaps we need to take a gutsy leaf out of the fairer sex's book here, as they endure all manner of medicalised prodding. After all, women are screened for cervical cancer from their mid-20s onwards.

And if you'll allow me an ill-timed idiom, there's light at the end of the tunnel. Death rates for prostate cancer have fallen by a fifth in the last 20 years. Prostate cancer research still lags behind that of breast cancer, but through the efforts of the local Health Promotion Board and initiatives like Movember, men are starting to discuss the disease, although as Dr Frame points out: "Unless men engage with their GPs, our research is academic."

Perhaps men will always have to live with prostate cancer, but "live" is the operative word. Genetic advances and better awareness could be the difference between it being a trial of old age, and something that ensures we never get there. But the difference between the dog that lies down with us and the wolf that tears us apart is a fine one. Be on your guard.

"GENETIC ADVANCES AND AWARENESS COULD BE THE DIFFERENCE BETWEEN IT BEING A TRIAL OF OLD AGE, AND SOMETHING THAT ENSURES WE NEVER GET THERE."

THE PROGNOSIS

WHAT ARE THE SYMPTOMS OF PROSTATE CANCER?

☐ **Impotence**
☐ **Can't pee**
☑ **Non-existent**

"It doesn't tend to trigger many symptoms until it's advanced," warns Dr Roger Kirby. There's no eureka moment as there is with a heart attack. A sudden increase in the frequency when you have to pee can be a marker.

DOES STANDARD HEALTH SCREENING PACKAGES HELP ME DETECT IT?

☐ **Yes**
☑ **No**

Most general or basic health screening packages in Singapore do not include the PSA test, which checks for the cancer marker for specific prostate antigens. Certain medical institutions such as Khoo Teck Puat Hospital offer the PSA test as an add-on.

CAN I CUT MY RISK THROUGH LIFESTYLE CHANGES?

☐ **Yes**
☑ **Maybe**
☐ **No**

Dietary changes have been suggested (less red meat, more fish and veggies), but there's nothing conclusive. "Cause-and-effect stories dilute the message," says Dr Iain Frame. "If you're in an at-risk group, get checked."



MAKE YOUR TIME IN THE SUN COUNT

CATCHING RAYS GIVE YOU MORE THAN IMPRESSIVE TAN LINES. GET OUT MORE FOR A HEALTHIER BODY.



1 HOUR TO SNOOZE BETTER

Just 60 minutes of sun between 7am and 9am stops you tossing and turning the following night (unless you make the most of its libido-boosting benefits, too). It resets your biological clock, releasing the hormone melatonin at the right time, reports US research.



2 MINUTES TO UNBREAKABLE

A stroll to the neighbourhood ice cream parlour equals your RDA of calcium, according to a study by Manchester University. The sun tells your body to absorb more of the mineral you get from your soft-serve, so you'll be less susceptible to injuries in your next kick-about.



30 MINUTES TO SHARPER FOCUS

If you fear the post-lunch slump, take an early break and pack some outdoor exercise before feeding time. Over 30 minutes of basking in the midday jump-starts your memory and increases your cognitive abilities, report US researchers. Eating on the move (say a snack while cooling down) reduces the chance of an economical-rice-induced blood-sugar crash, too.



13 MINUTES TO SPORTING VICTORY

Quit riding shotgun and walk to your next football game. Under 15 minutes of pre-match UV exposure is a potent-performance enhancer, improving muscle function and aiding the recovery process after exercise, say UK researchers.



28 MINUTES TO MELT BODY FAT

There's still time to look good in Speedos yet. Bright light between 8am and noon can lower your body mass, say American researchers. The earlier you go out, the greater the impact on the hormones that control fat. A 30-minute jog would double the effects.



25 MINUTES TO BURN OUT STRESS

Brighten your day with a stroll to the cafe and order the fattest latte on offer. A study in the US found morning sun triggers the release of endorphins, to give your stressed-out brain a feel-good buzz. Coffee compounds the dopamine rush.



20 MINUTES TO KEEP ON TICKING

Take heart: The sun's rays release nitric oxide in the skin, which lowers your blood pressure, according to research in the UK. This means your heart disease risk is reduced on your walk back from lunch. It will help during stressful afternoon meetings.

OUTSIDE FOR LONGER?
TURN TO OUR GROOMING FEATURE (IN THIS ISSUE'S GUIDE TO RUNNING) FOR THE BEST SUN PROTECTION PRODUCTS.

DIGITAL IMAGOING & ART DIRECTION **JASON TAN**

IS THIS THE PERFECT PROTEIN?

INSECTS PROVIDE THE HIGHEST-QUALITY PROTEIN ON THE PLANET. BUT WILL YOU DIG IN? YOU WILL IF YOU KNOW WHAT'S GOOD FOR YOU.



JIMINY CRICKETS!
THIS IS ONE BURGER – OR SHOULD WE SAY, BUG-GER – THAT WILL MAKE YOU WANT TO WATCH WHAT YOU'RE EATING.

TEXT **CLINT CARTER** ■ PHOTOGRAPHY **KANG KIM**

Jack Ceadel, the cofounder of Hopper Foods, walks into a Texas gym carrying a plastic bucket of prototype protein bars. The afternoon crowd here is his perfect tasting panel – fearless guys who would happily drink snake venom if you told them it could boost their bicep circumference. Jack hands a bar to a burly personal trainer named Eric, who wolfs down half of it and nods with satisfaction. Then somebody drops the bomb: That was no ordinary protein bar. In fact, these are insect bars. They're made with real crickets – around 26 of the little buggers apiece.

Eric's face scrunches up. "It's a good thing I didn't know," he says. "I wouldn't have eaten it." But would he eat it again? "Well... yeah. Sure. It's not like you can taste the crickets." Not that he would know. Like most guys, he has never willingly eaten an insect in his life.

Here's why he should start: "Nutritionally, insects are quite excellent," says Arnold van Huis, a Dutch entomology researcher. "In a number of instances, they're even better than normal meat." Gram for gram, crickets provide more than twice the protein of beef. Plus, that protein is the best kind, containing all nine essential amino acids. Crickets also pack nearly five times as much magnesium as beef. A Harvard University study review from last year suggests that increasing your magnesium intake may cut your risk of heart disease by as much as 22 per cent. Plus, according to researchers in Japan, you could lower your risk of type-2 diabetes by about a third. Then there's iron: Crickets have more than three times as much of this muscle-aiding mineral as beef does.

One reason for the difference: Unlike big animals, insects are ingested whole. "You're not just eating muscle," says Daniella Martin, the author of *Edible*. "You're eating bones and organs, which deliver calcium, iron, vitamin B12 and zinc. It's as if somebody ground up a whole cow."

By the time Jack leaves Gold's, he has won over a handful of adventurous eaters. As he heads towards the door, the young woman at the front desk shouts to him: "Goodbye, cricket man!" But here's the thing: Jack's just one guy representing an industry that's starting to swarm.

Michael O'Leary calls his 900m warehouse in the US state of Minnesota "the ranch". His bugs live their brief lives inside blue cages stuffing themselves on spent beer grains from a nearby brewery. "They're scavengers, so they'll eat just about anything," says Michael.

GRAM FOR GRAM, CRICKETS PROVIDE MORE THAN TWICE THE PROTEIN THAT BEEF DOES.

Brewery waste is just convenient. And, well, it's green.

That's a huge selling point for cricket farming: It's environmentally responsible. Compared with "microlivestock" (a more palatable-sounding term for edible insects), some farms that raise chickens, pigs and cows – especially cows – look like nuclear waste dumps. Crickets create a fraction of the greenhouse gases. Plus, they can grow in small spaces and use scarcely any water.

Half a kilo of beef, by comparison, requires thousands of litres of water – 9,800 to 19,700, according to estimates from the UN's Food and Agriculture Organization. Cattle takes two to three years to reach slaughter weight; crickets grow from egg to adult in seven weeks. "People are starting to realise that contemporary agriculture is unsustainable," says Michael.

"This is where the industry is heading," says Harman Johar, founder of World Ento, a company that grinds crickets. In fact, 80 per cent of the world already eats bugs, a practice known as entomophagy. "It's much easier to get people to eat insect bars than to eat insects," Harman says. Arnold, who authored the FAO report, agrees. "People think the taste is most important. It's not – it's the emotional barrier."

To illustrate, Harman tosses a handful of roasted crickets into a spice grinder and gives it a few pulses. Then he pours a light, fluffy powder onto a paper towel. What I see looks like cumin, but it could just as easily be enriched wheat flour or whey protein. I see no legs, no antennae, no bug eyes staring back at me. It's just a nondescript ingredient, ready for building muscle.

For many in the bug business, cricket powder isn't the end game. It's just the first step towards a near future in which whole crickets, waxworms, beetles and stinkbugs are common cooking ingredients. "Crickets are the gateway bug," says Megan Miller, founder of Bitty Foods, a cricket flour company in California. "They're like the peanut of bugs – useful, but not that exciting culinarily."

To me, that sounded like a challenge.

There's a cricket leg lodged beneath my tongue. The appendage is sharp, sort of like a splintered toothpick, and I'm trying to dig it free without



my girlfriend seeing. She's not enthused about having insects at our dinner table, even though I'm jazzing up the roasted critters with olive oil and garlic. "They'll be just like croutons," I argue. But croutons don't have eyeballs, so she leaves the kitchen while I spread the whole crickets out on the roasting pan.

The cricket croutons in my salad taste mild, like buckwheat or rye. Still, it's hard to shake the feeling that they're going to hurt me somehow. "Entomophagy brings out a lot of anxiety," says David Gracer, a farmer of exotic bugs. (He supplied the giant crickets for *Rise of the Planet of the Apes*.) "I'm constantly hammering away at critical-thinking skills. That's what it takes to overcome the fear."

IN A BLIND TASTE TEST, NINE OUT OF 10 PEOPLE PREFERRED WORMBALLS OVER ALL-BEEF MEATBALLS.

Because once you overcome the ick factor, bugs can be quite delicious. In one of Arnold's experiments, he prepared two batches of meatballs, one entirely from beef and the other with a 50-50 mix of beef and ground mealworms. People didn't know which meatball was which, and when asked which they preferred, nine out of 10 chose the wormball. "I find that when people try insects once, the second time is not a problem," Arnold says, and then adds: "But you have to convince them that first time."

A Belgian study published earlier this year backs his claim. It surveyed 189 people after they'd tasted crickets and mealworms – 92 per cent of those in the 26-to-45 age range said they'd eat insects again. Two-thirds said they'd even consider cooking bugs in their own kitchen.

Think about food phobias you may have once had. Maybe it was lobster that turned you off. Or oysters or sushi. Odds are, your palate came around and you now enjoy those foods. Once restaurants and the food industry begin to normalise the insect-eating experience, you may soon overcome your creepy-crawly reluctance as well. In New York City, at least half a dozen establishments already feature bugs on their menus. Even the world's top-rated restaurant, Noma, in Copenhagen, serves them.

Globally, people consume about 1,900 different species of insects. "And the cricket, in terms of what's available to us right now, is one of the sexier ones," says Jack. "But the ultimate goal is to normalise eating insects." Who knows? Maybe we'll see mealworm and stinkbug bars next. (Both bugs are quite tasty, I've been told.)

My girlfriend didn't see the sexiness, at least not while I was hoisting forkfuls of cricket salad into my mouth.

➡ Gear You Want

CUTTING-EDGE SHUN SHIMA STEAK KNIFE SET



You've cooked that rib-eye to luscious perfection. Why mangle the meat by slicing into it with a subpar knife? The steak's muscle fibres help keep it moist, but sawing through them with a dull blade squeezes out the flavourful juices. The result: dry, chewy steak. Use these 5-inch blades to surgically sever the fibres and retain maximum tenderness and juiciness. At $60 per knife, they're a bit pricey, sure, but think of the culinary cost of a lifetime of sucky steaks. *US$239 ($327), www.williams-sonoma.com*

Bonus Tip: Slice Smarter

How you cut steak is as important as what you cut it with, says butcher Pat LaFrieda, author of the cookbook *Meat: Everything You Need to Know*. The key? Cutting meat against the muscle fibres – or "grain" – shortens those fibres, yielding tender bites. For bone-in rib-eye, it's easy: The fibres run parallel to the bone. So slice the meat perpendicular to the length of the bone. For flank steak, find the grain on the meat's surface. Keep the knife blade angled at 45 degrees to slice the shortest fibres. T-bone on the board? Cut the meat from the bone. Then make slices across the steak, keeping the blade angled as above.

Still, I finished my plate, kept the leftovers, and ate them again the next night. Were the crickets as good as a burger? Not by a long shot. (And for the sake of my love life, they probably won't become a staple in my kitchen.) But will I keep eating cricket bars? Well, sure. Why not?

I may even try a wormball one of these days.

➡Kitchen Trick

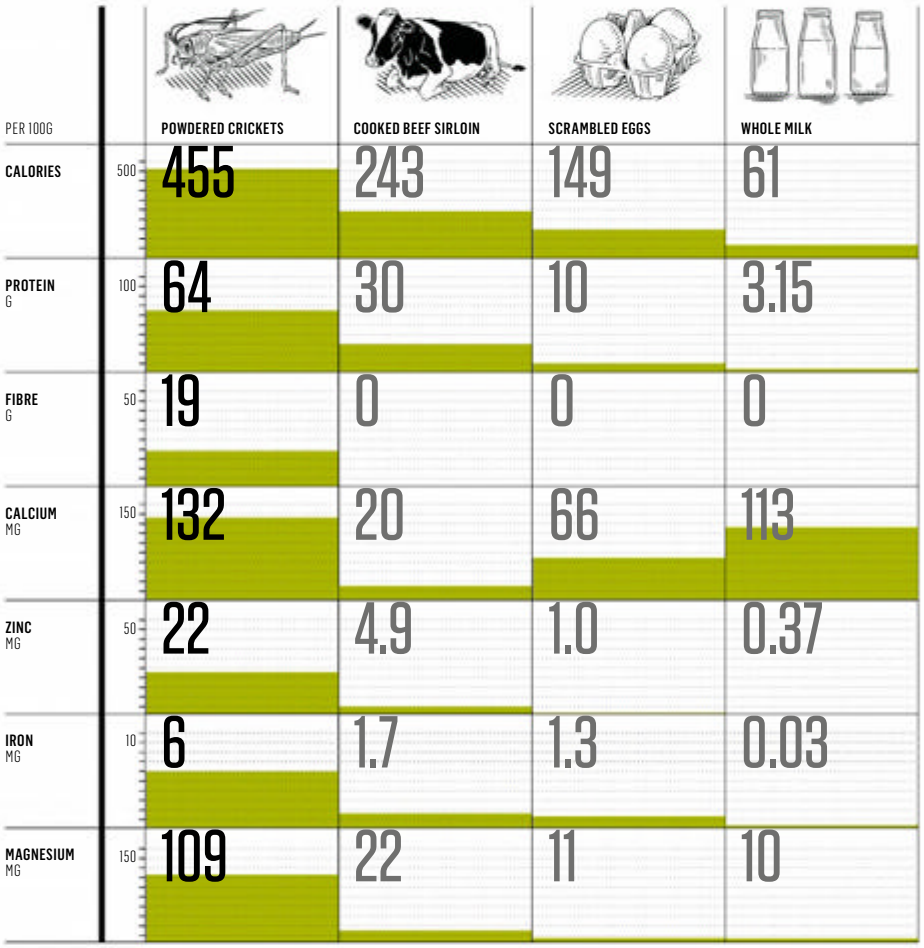
ICE OUT SALAD



Vegetables tend to lose their crunch in the dry environment of a supermarket. Restore the crispness of produce like celery, carrots and salad greens by submerging it in a bowl of ice water for 15 minutes.
– Frank Prisinzano, chef of Sauce restaurant

CRICKETS: PROTEIN KINGS

CRICKET "FLOUR" IS SHOWING UP IN COOKIES, CHIPS AND SNACK BARS. HERE'S WHY YOU SHOULD HOP ON THE TREND NOW.



Sources: USDA National Nutrient Database, Molecular Nutrition & Food Research

START YOUR BUG HABIT

➡**You may not find jugs of cricket protein in your supermarket (yet). So source these edible insects online.**



1 WORLD ENTO RECIPE READY ADULT CRICKETS These whole crunchy crickets arrive lightly toasted, but you'll want to season and cook the little buggers to amp up their flavour. They're raised on non-GMO grain for now, but World Ento has plans to switch the crickets to an all-grass diet. ***US$9 for 100g, www.worldento.com***

2 BITTY ALL-PURPOSE BAKING FLOUR This wheat flour substitute is made with cassava flour, coconut flour and powdered crickets. You can use it in muffins, pancakes or pizza crust. This flour has about six times the protein and seven times the fibre of typical all-purpose flour. ***US$20 for 567g, www.bittyfoods.com***

3 HOTLIX CRICK-ETTES SALT N' VINEGAR If you don't like the salt-and-vinegar flavour (we did), no worries. This brand offers two others – sour cream and onion, and bacon and cheese. Don't like the idea of snacking on cricket chips, well, grow a pair! Try them as a substitute for beer nuts. ***US$2 for a few crickets, www.hotlix.com***

4 EXO PROTEIN BAR Exo packs in more protein than any other bug-based bar we found (10g per bar). The ingredient list is straightforward, and the company's two delicious flavours – cacao nut and PB&J – were developed with the help of a Michelin-starred chef. ***US$36 for a dozen, www.exo.co***

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www.littleblackclassics.com



ASICS CITY RELAY 2015
▶Team up and take on a full marathon... at night. This inaugural event on Aug 1 lets you and three teammates split the 42km evenly, each running a 10.5km circuit around the Sports Hub. All relay changeovers will take place within the new National Stadium, where results will be updated in real time. The race village will also feature DJs and performers to entertain runners and spectators throughout the night, starting from the flag-off at 6pm.
Registration is now open, www.cityrelay.com.sg



SINGAPURA: THE MUSICAL
▶Opening at the refurbished Capitol Theatre, this ambitious production hopes to capture Singapore's culture and history the way *Les Miserables* did for one of France's revolutions, *Evita* for Argentina's politics and *Miss Saigon* for Vietnam's war. "You look at Singapore today and cannot imagine the struggles it went through just 50 years ago," says the musical's composer, Ed Gatchalian. "Good musicals leverage a nation's history and serve as an exciting backdrop to the personal stories of the characters portrayed."
Premieres May 19, www.singapurathemusical.com

■ USEFUL YOUTUBE VIDEO OF THE MONTH

SHARPEN A KNIFE LIKE A PRO
A sharp blade can simplify prep work on meals and give you an edge in the kitchen. In this video, Gordon Ramsay demonstrates how to improve a knife's cutting edge with a sharpening steel. Start slow and watch where you put those fingers. Practice makes perfect. Now, unleash your inner Zorro and carve up that joint.



▶▶ SEARCH YOUTUBE FOR:
Ramsay Sharpen Knife
OR LOG ON TO:
Or log on to: https://youtu.be/SBn1i9YqN1k



JERMYN STREET SINGAPORE
▶ Named after a stretch in London known for its grooming heritage, this groom room offers a spacious and sleek barbershop for you to enjoy services – from a hot-towel shave, haircut and shampoo to a mani-pedi, eyebrow grooming and waxing. The store uses and retails products from the UK, covering the gamut from shaving creams to colognes. Plus there's a stage for live acts, a private room for meetings and a bar!
108 Amoy Street, www.jermynstreet.com.sg

■ TEXT **KENNETH WEE**



TAKE A BROW

IF YOU THINK GREAT-LOOKING EYEBROWS ARE JUST FOR WOMEN, THINK AGAIN.

Men are increasingly paying more attention to their physical appearance, and taking active steps to correct what they see as unflattering aspects of their faces and bodies. But often, when guys think about grooming, they tend to neglect their eyebrows. But having a pair of strong, accentuated brows can be an asset to a man's overall appearance.

So if you have unruly brows or, worse, the dreaded unibrow, perhaps it's time to get them primped. And if you're not sure where to start, consult the grooming specialists at Thomas D'esthetique, which offers eyebrow enhancement services.

The latest provided by the salon is an eyebrow treatment called micropigmentation. It involves embedding pigments under the skin of the eyebrows to enhance their overall look.

A technique called feathering is then employed to create tiny hair-like lines that resemble real brows, adding soft shadows below the natural brow to give it the illusion of fullness.

Along with the applied pigment, the treatment provides a realistic colour to match your hair and skin tone. With these procedures, your brows can be thickened, arched, elevated or shaped according to your fancy.



From helping one look more youthful to appearing more dashing, it's easy to understand why eyebrow enhancement is fast catching on among men.

For more information on eyebrow enhancement, contact Thomas D'esthetique at 6337-6858 or visit the salon at #03-01 Excelsior Shopping Centre.

STILL NOT CONVINCED THAT MAINTAINING GOOD "GUYBROWS" CAN IMPROVE YOUR APPEARANCE? WE QUIZ THOMAS TONG, FOUNDER OF THOMAS D'ESTHETIQUE, ABOUT IT.

01 WHAT IS EYEBROW ENHANCEMENT?

It's a procedure that improves the shape, thickness, arch or balance of your eyebrows.

A technique called feathering is applied, in which a coloured pigment is used to match your actual eyebrow hue to produce a natural look.

Instead of the "block" brow procedure done in the past, eyebrow enhancement today uses a pen-like device to draw tiny hair-like strokes in the brows. They look so natural that nobody will know you have just had a brow makeover.

02 WHO SHOULD GO FOR EYEBROW ENHANCEMENT?

Eyebrows have a strong impact on our overall appearance, making or breaking our looks. Generally, people seek eyebrow enhancement for the following reasons:

- Thinning or over-plucked eyebrows, or bald spots in those areas.
- Shape or colour of eyebrows do not match other facial features.
- Drooping eyebrows because of one's age.

03 IS EYEBROW ENHANCEMENT SAFE?

Yes. But like for all cosmetic procedures, consult only an eyebrow specialist who's certified and reputable.

Unlike eyebrow tattooing, which is an extremely painful procedure, eyebrow enhancement is not only less painful but your brows look natural and is semi-permanent, and the look can last up to two years.

Eyebrow tattoos, however, look fake and are permanent. To remove them is both an expensive and painful procedure.

7 ESSENTIAL TRIPS OF A MAN'S LIFE

YOU CAN'T ESCAPE DEATH. BUT YOU CAN ESCAPE EVERYTHING ELSE WITH THE RIGHT VACATION, AT THE RIGHT TIME, SAYS ONE AVID TRAVELLER.



To travel with a group of friends or just the girl? That's the question.

TEXT **PETER MOORE**, ADDITIONAL RESEARCH BY **AMBER BRENZA & KENNETH WEE**
DIGITAL IMAGING & ILLUSTRATIONS **ASHRUDDIN SANI** PHOTO (GLOBE) **C.J. BURTON/CORBIS**

I was 24 years old when I lost my first real job.

I had zero savings, and my unemployment benefits ran out quickly. So I did something practical: I booked a flight to Nairobi. Three weeks after my arrival in Africa, I climbed to the edge of a volcano that had just erupted near the Congo-Rwanda border, and urinated into a lava flow. Turns out it was kind of like peeing into the wind. The yellow stream instantly vaporised and covered me in a pee soup fog. My companions unzipped as well, and soon we were all convulsed in laughter about a pee none of us would ever forget.

I would go on to find other jobs, but I never did pee quite like that again. Travel upends the ordinary; it forges bonds. It's an enabler of boundary-breaking sex, but it also brings on other sorts of climaxes. On another trip, backpacking in the Rocky Mountains in the US, my friends and I burst out on top of a ridge across the valley from the ski town of Vail and were treated with a spectacular view of the jagged peaks of the Gore Range. We dubbed it the "Gore-gasm". And it was an epic one.

Travel memories are my most precious possessions. No, I can't store them in a bank account. But I am the sum of my travels, and my balance sheet is overflowing. I've had great work experiences, too, but none of them compares with watching hippos make hippo love in a muddy stream that ran past my tent in Kenya.

These kinds of experiences not only make me rich spiritually but also provide me with a form of health insurance, says Jim Petrick, a professor in recreation, park and tourism sciences. "Science shows us that travel brings enormous benefits – in relationships, in education, for your health," he told me. "Doctors ought to prescribe it."

No need to risk a co-pay on that one. You can fill your travel prescription on your own, and it will be the best medicine you'll ever take. So keep reading: These seven adventures can define your life and even have the potential to make you a better man. So make plans to fill up your life with them. Otherwise you might just pee it away.

1



THE PETROLHEAD GETAWAY

Before there's a woman in your life, there are usually those so-called friends of yours. They won't be with you for the long haul, but they might survive a road trip you'll remember fondly, after bigger commitments and housing payments take over. When you're with a lover, Prof Petrick observes, you're often being someone you're not. Not so with your pals. "You can fart more and burp more," he says, and those are only two benefits. The prime one: You can be your true self, he says. It's the ultimate freedom. And this might be your last chance to enjoy it fully before weighty responsibilities dominate. That's why you'll look up those guys again 20 years later and retrace your early wanderings, turn by carefree turn, to figure out where the road got all forked up after you returned home.

RELIVE THE RUSH It's never too late to hit the road. Four pals driving in four-hour shifts around the clock can leave Singapore Friday night and have Saturday lunch in Penang – a destination with the region's best food.

2



THE VACATION FOR TWO

Could she be an actual keeper? You won't really know, will you, until you bust that relationship out on the road. Plus, a relationship trip is kind of a mini-marriage, pitting the two of you against the world. It will reveal what you really want to know about her: If you have to spend the night at a cheap hostel, can she handle it? (Or in the tent. In the rain. She will sleep in a tent, right?) When you watch the sun rise gorgeously over Bali from the summit of Mount Agung, does she swoon with delight? In other words, is she able to take the successes as well as the failures in stride? If so, then maybe you two can be co-pilots.

MAKE IT COUNT Set the GPS for her favourite destination, then yours. Sunbathe on the beach where she celebrated her 21st birthday. Hike to the hilltop where you had your first long smooch. That's how you merge story lines while collaborating on your own.

3



THE FOREIGN-CAPITAL FREAK-OUT

When I told Prof Petrick about my fondness for flying to unfamiliar cities and eating weird food, he offered an explanation: "You're an allocentric traveller, in it for the novelty and risk." This past year, I combined both on the same plate in Nice, France, where I consumed raw beef with a raw egg cracked on top of it. Tantalising oddities are available in any world capital, from a language you don't speak to a metro system that delivers you where you don't want to go. According to a review in *Trends in Cognitive Sciences*, this is exactly the kind of exploration that may serve as a buffer against age-related brain shrinkage and cognitive decline. So by being stupid overseas, you could return home with a younger brain.

TALK THE TALK Prepare for your trip by listening to podcasts from Coffee Break French/German/ Spanish (radiolingua.com). If you can communicate with the locals in their language – even badly! – you will inherit a fund of goodwill. That's especially true in Italy, because no one ever studies Italian. A grateful Italian is like a godfather who never asks to be repaid.

4



THE GATHERING

It's just you and your wife now. Or you and no wife. In any case, your kids, now married with their own families, don't visit you as much as you'd like. Book a beach house in, say Bali, then casually mention that you've got the place for a couple of weeks and everybody is invited, free of charge. "Having that whole group together is a real opportunity to access different parts of yourself," says psychologist David Hauser. All the better if you have siblings you can stand. They knew you during all your life phases, notes David, so they can help you make sense of the current one. Consider it beach-house therapy.

RENT A MANSION Just enter your location on Airbnb's site and select "entire place". You'll see lots of spacious options for any price range. Plus, you'll feel like part of a neighbourhood.

MAINTAIN YOUR TRAVEL BUZZ

Just how long will your post-trip high last? That depends on how you handle yourself back home.

< SHARE MEMORIES
Most people won't be able to relate to that extraordinary adventure you had, Harvard University researchers say. So try to do your reminiscing with people who were there with you or who have had a similar travel experience.

< KEEP ON CHILLIN'
Don't let the stress kick right back in: People who slipped relaxation time into their schedules back home were more likely to extend their post-travel brain boost for up to a month, a study of teachers in Germany found.

< START PLANNING THE NEXT ONE
The biggest travel-related happiness boost comes not during the trip but in the weeks and months leading up to it, according to Dutch research. Anticipation, it seems, is a powerful driver of feel-good emotions.



5



THE ADRENALIN SHOT

Ordinary life can crush your balls. The answer: Just add adrenalin and an exotic locale. Oh, and the risk of bodily harm. "Without risk, you can't move forward," says Richard Bangs, cofounder of Mountain Travel Sobek. "It's where all sorts of new ideas, concepts and discoveries take place." Nepal is one option – it's about as wild, beautiful and fantastical a place as can be imagined, both in landscape and philosophy. Or that Mount Kinabalu trip that you're not fit enough to do right now but could be in a couple of months. You can become a man again by pursuing an adventure that would have thrilled you as a boy.

CALL THE WILD When you approach old friends about taking an adventure, 99 per cent of them will tell you they're too busy at work, or their knee hurts, or they coach their kid's football team and can't possibly get away. But the 1 per cent who do embrace such challenges will probably outlive those 99 percenters, so you'll be set with travel companions for the rest of your long life. Find those guys.

6



THE NATIONAL PARK PILGRIMAGE

Today, Americans are having trouble nailing down cabin reservations in national parks in the US. That's because of Ken Burns, whose 2009 series, *The National Parks: America's Best Idea*, helped spike attendance by 10 million people. Ken says: "For the first time in human history, land was set aside not for kings, noblemen or the very rich, but for everybody and for all time, of some of the most spectacular landscapes on earth." Remember that if you have children: Fatherhood feels like an eternity, but it's the most perishable of time frames. A timeless view like Phong Nha Ke Bang in Vietnam or Thailand's Khao Sok? That's unforgettable. Knock off five parks in five years while the kids are still kids, and those trips will define "family" for them in the best possible way.

FIND YOUR OWN PATH If you plan to see one in the US, the Grand Canyon is grand indeed, especially the wilder North Rim. But after you've seen it, head up to Zion National Park. Wading up the Virgin River with my wife and sons was my all-time greatest day out.

7



THE RESET-BUTTON JOURNEY

You may not have realised it when you were 24, but life is long and you'll go through many stages and phases. After one of them ends abruptly with divorce, unemployment, a health crisis or maybe even the death of somebody close, it's time to explore what Prof Petrick calls your "existential authenticity". Have you been contorting yourself into some artificial posture – the dutiful employee, the devoted spouse – for decades at a time? Wouldn't it feel good to assume your natural shape for once? Travel is the ultimate mould-breaker: You'll never again see the people you meet, so you can be anybody you choose – even the real you, if that's not too scary. This kind of getaway can clarify which roles fit and which ones drive you nuts.

TRAVEL WITH PURPOSE If you're feeling sorry for yourself, book an escape that includes a healthy shot of grunt labour. A site such as gviusa.com or elevatedestinations.com will serve up trips that kick you out of your head and into your body. Work on behalf of people, wilderness or a cause. Of course, the main beneficiary will be you.



■ PHOTOS (JUMPING OFF BOAT) **TONY DEMIN/CORBIS** & (LUGGAGE) **DAVID CLEVELAND/CORBIS**

BOOST YOUR SALARY BY $33,000

HOW MUCH ARE YOU REALLY WORTH? PROBABLY MORE THAN YOU'RE EARNING NOW. HERE ARE SIX EASY TRICKS TO HELP YOU PUT MORE DOUGH IN YOUR PAYCHEQUE.



TEXT K. ALEISHA FETTERS ■ PHOTO C.J. BURTON/CORBIS

+$4,072*

ASK THE BOSS FOR A MILLION DOLLARS

When asked what kind of salary you're looking for, say: "A million bucks would be nice." In an American study, people who jokingly asked for a million ended up with 9 per cent more cash than those who made realistic requests. Why? The figure you throw out, even if it's absurd, serves as a psychological starting point for counter-offers, says study author Todd Thorsteinson.

+$8,143

BE THE GLOVE, NOT THE PUNCHING BAG

Guys who are too agreeable can get screwed. A study from Cornell University reveals that people who are competitive, aggressive and even arrogant earn 18 per cent more annually than their "nice guy" colleagues. They're also more likely to land management posts. No, you don't have to act like a jerk. Just stick up for your ideas and self-promote, suggests researcher Beth Livingston.

+$4,524*

STOP BLOWING OFF YOUR WORKOUTS

Think of that gym membership as an investment, not just an expense. People who grind through three or more workouts a week – whether they're overweight or not – earn 10 per cent more than those who never exercise, a US study found. Of course, those gym sessions could also improve your attitude, energy and even intelligence, the researchers say.

+$9,048

TALK TO THE COMPETITION

People who jump companies are paid 18 to 20 per cent more than those who climb to similar posts internally, according to University of Pennsylvania figures in the US. Not ready to move on? You can try to leverage an outside offer for a pay bump at your current job, says study author Matthew Bidwell. But first, do some recon: If the gambit failed for any former colleagues, you may risk an abrupt firing.

+$5,000

DON'T ACCEPT THE FIRST OFFER

"An employer does not want to start the search process all over simply because you ask to negotiate," says Crystal Harold of Fox School of Business in the US. Her research reveals that people who counter an initial offer earn an extra five grand on average. Check sites like stjobs.sg to find what your experience is worth, and mention that number during negotiations.

+$2,262

BUY A BETTER RAZOR – AND USE IT

A well-groomed face makes you appear more driven and professional to employers, according to University of Miami research. That's why tidy-looking guys bring home 4 to 5 per cent more bacon than their unshaven colleagues. If you're trying to camouflage a baby face with fur, at least shave your neck and use an electric trimmer to tame those wild patches.

$33,049 TOTAL



*Raise calculations are based on a yearly salary of $45,240, the annualised median income for full-time employed Singapore residents, according to the Comprehensive Labour Force Survey by the Ministry of Manpower.

INSTAGROOMING FOR INSTAGRAM

STOP UN-TAGGING YOURSELF. LOOK MORE PHOTOGENIC WITH THESE TIPS AND YOU CAN EVEN SKIP THE PHOTO FILTER.

SKIN

To avoid photo glare, turn to a product like **Lab Series Oil Control Face Wash ($41**, available at #B3-44 Ion Orchard, www.labseries.com.sg). Suitable for acne-prone skin types, this self-foaming formula clears pores and removes excess oil so your dermis won't look so slick. For a tauter and younger-looking mug, turn to **Albion Infinesse Gravity Resistance IA ($164**, available at Takashimaya D.S.). This serum promises to create an instant lifting effect on the skin by strengthening the net-like structure of collagen fibres and plumping up the dermal cushion.

HAIR

Your go-to product should offer flexible hold, so you can quickly tame hat hair or unruly strands. With a non-sticky formula that spreads evenly and doesn't clump your mane, **Redken Shape Factor 22 ($32**, available at Redken salons) fits the bill. This cream paste is ideal for shorter styles and up-dos, and offers reshaping power throughout the day as well as a matte finish.

BEARD

A length of about 2cm gives you the most camera-friendly edge, according to professional groomer Bruce Dean. Maintain your facial hair with the **Billy Jealousy Beard Envy kit ($45**, from What He Wants, www.whathewants.com.sg). It includes a hydrating beard wash with aloe and soya protein, an extra-firm boar bristle brush, and a styling beard-control product enriched with nourishing jojoba oil.

CLOTHES

Darker hues are typically flattering in photos. And whatever your build, wear clothes that fit well to look more put together.

STANCE

A three-quarter angle slims you, says photographer Weston Wells. To enhance the effect, look directly at the camera. Lots of people naturally tilt their heads to the side. "Keep your head straight by pointing your chin towards the lens," he suggests. You'll instantly appear taller as well as more distinctive.



■ TEXT **DAN MICHEL** ■ PHOTO **JASPER YU** ■ ART DIRECTION **PAULINE TAN**

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GREATEST HEALTH TIP EVER

WHAT IF YOU COULD BOOST ENERGY, BUILD STRENGTH AND BANISH PAIN ALL DAY LONG? YOU CAN. JUST LEARN HOW TO BREATHE.

→TEXT BY
TREVOR THIEME

→ILLUSTRATIONS BY
+ISM

In the seminar, seated elbow-to-elbow at tables set amid squat racks and weight sleds, more than 30 trainers crane their necks to see what's unfolding at the front of the room. The lights are dimmed, save for one illuminating a massage table where a man lies face up and shirtless. The trainer – bald, bespectacled, and dressed in khakis and a crisp collared shirt – smiles reassuringly as he places his left hand on the man's chest and his right under the man's back.

"Excuse my cold fingers," says Ron Hruska, director of the Postural Restoration Institute, sending a ripple of chuckles through the room. "Now, take a deep breath and let's see if we can fix that shoulder."

Ron's subject, a 34-year-old trainer from Chicago, has suffered from shoulder impingement for years. Lifting anything with his right arm causes discomfort. Raising it above shoulder height triggers pain. And the look on his face suggests that he doesn't expect to feel any different a few minutes from now.

■ PHOTO JF/CORBIS



He realises how wrong he is as soon as he begins to exhale. It's then that Ron presses down firmly on the man's sternum and pulls back along his spine.

"Again," he says, pursing his lips with the effort. They repeat the cycle two more times.

"Now, relax," says Ron, grasping the man's right arm and laying it next to his ear. "Remember how you couldn't raise your arm above your head?"

Eyes wide with astonishment, the man moves his arm up and down a few times. "Unbelievable," he says in a voice barely above a whisper.

"You want to know how I did it?" asks Ron. Thirty heads nod in unison. "Let's start with what I didn't do. I didn't treat his shoulder – not directly," he says. "I helped his diaphragm do its job, and that released tension in all the muscles throughout his torso that were compensating for it. He doesn't have a shoulder problem; he has a breathing dysfunction."

In that, the man on Ron's table is not alone.

Most of us take breathing for granted. We breathe about 14 times every minute, more than 20,000 times a day, and no fewer than 526 million times during the course of an average lifetime. Nearly all of those breaths are automatic. Respiration generally requires about as much thought as pumping blood or digesting food. Yet despite all that practise, most of us suck at it.

"The reason is that almost no one uses their diaphragm as it's intended – as the body's primary breathing muscle," says Bill Hartman, the host of this seminar.

It's a consequence of modern life. Chronic stress, repetitive habits and skewed ergonomics cause your diaphragm to be misused. Instead of helping you breathe, it's redirected to shore up posture and stability. "The result is disastrous," says Ron.

It doesn't matter whether you're an 80-year-old smoker, a 23-year-old Olympian, or a regular, fit guy. Odds are the way you're breathing right now is flooding your body with stress hormones, compromising your joints and mobility, bottlenecking your energy, and undermining your performance at the gym and everyday life. Fourteen times a minute, you become a little weaker and a bit duller.

Ron is on a mission to change that. Step one is understanding how your body is organised.

YOU AREN'T REALLY SYMMETRICAL

Outwardly, the human body appears symmetrical – we have two legs, two arms, two eyes, two ears. But below the surface that symmetry vanishes. We have a liver on our right and a spleen on our left. Our heart sits in our upper-left chest cavity and takes up so much room that to accommodate it, our left lung must be smaller than our right (two lobes versus three). Even the two halves (or leaflets) of the diaphragm are different in size and strength. "Every single system in your body – visual, digestive, muscular, respiratory, lymphatic, neurological – is inherently asymmetrical," says Ron.

That's not a bad thing. Although organised asymmetrically, the body's structures are still more or less distributed evenly."But

that asymmetry does tend to make most of us shift our centre of gravity to our right leg," he says.

If you've ever stood in line, waited for baggage, mingled at a cocktail party, or spent more than a few minutes on your feet, you know what he's talking about. You put your weight on your right leg, move your left foot forward, rotate your pelvis down and right, drop your right shoulder, and raise the left side of your rib cage. The result is a stance much like that of Michelangelo's David.

We assume this stance partly due to gravity (to offset the weight of the heart), partly to support the function of the diaphragm's larger right leaflet, and partly because that leaflet's stronger attachments tug us in that direction. "But it's also a consequence of being right-handed," says Ron. "Even if you're a lefty, you shift right because nearly everything in society, from doorknobs to automobiles, is ergonomically designed for righties."

Eventually, we get locked in that rightward posture. "Repeatedly assuming it creates neuroplastic changes in the brain that make it the norm," says Bill. "And the norm can spell trouble for other areas of the body, especially the joints."

WE'RE DESIGNED FOR RECIPROCAL MOVEMENT

"There's a reason why I begin my seminars on the audience's left," says Ron. He leaves his podium and walks across the room to our right to demonstrate. Immediately, a handful of us begin fidgeting. "You're more comfortable looking left because your upper body rotates that way to compensate for the rightward orientation of your lower body," he says. "Until you're able to realign yourselves and breathe effectively on both sides, you'll be more attentive if I lecture on your left."

The human body, he says, isn't designed to remain fixed on one side – not comfortably. It's designed for "reciprocal" movement. As we walk, run, climb, crawl and otherwise travel through our world, we synchronise the movement of opposite limbs and alternately shift our centre of gravity between our right and left legs. "At least that's what's supposed to happen," says Bill. "Most of us never achieve that."

Sure, you put one foot in front of the other as you walk, but an X-ray would reveal that you still move with a Michelangelo twist. Your pelvis remains rotated to the right, your centre of gravity doesn't budge, and the left side of your rib cage remains flared. "It's like driving with your alignment off," says Neil Rampe, a baseball performance therapist. "You can compensate by oversteering. But if you don't correct it, your tires will wear out after 50km instead of 100km."

In the human body, that wear and tear most often manifests as back, neck and joint pain. "If you constantly stress the same knee or load your back the same way, that area may have a breakdown," says Bill. But perhaps the most insidious consequence of being stuck on the right is the effect on respiration. "Without reciprocal movement, the diaphragm can't do its job," says Bill. And then all hell breaks loose.

SECRET LIES IN THE DIAPHRAGM

In its relaxed state, the diaphragm is shaped like the canopy of a parachute. When you inhale, it contracts, increasing the space in your chest cavity, into which your lungs expand. Your intercostals – accessory breathing muscles between your ribs – create more room by pulling your ribs up and out. As your chest expands, the pressure within it falls, causing air to enter the lungs. When you exhale, your diaphragm and intercostals relax, forcing air out. Exhalation requires no effort.

"That's the textbook description," says Dr Louis Libby, a pulmonary physician. "But very few of us actually breathe that efficiently."

Everything hinges on how much of your diaphragm butts up against your ribs, an area known as the zone of apposition (ZOA). "People think of the core as the abdominals, but really it's the ZOA," says Bill. "The more of your diaphragm that apposes your ribs, the more efficiently you breathe, and the more stable your pelvis, spine and thorax are."

With a good ZOA, your diaphragm can act like a plunger, drawing air into your lungs. It can also contract in coordination with your abdominals and pelvic floor – a bowl-shaped sheet of muscle in the pelvis. "Together they form a tight canister that increases intra-abdominal pressure and stability," says Bill. This mechanism is powerful, having the ability to support more than 490kg – the current world record in the squat. "If you've ever wondered why powerlifters hold their breath, that's the reason," he says.

YOUR ASYMMETRICAL TORSO

THE BALANCE YOU SEE IN THE MIRROR ISN'T REFLECTED IN YOUR INTERNAL STRUCTURE.

1/ LUNGS
They come as a pair, but the left is smaller to accommodate the heart.

2/ HEART
We shift weight onto our right leg in part to counterbalance this organ.

3/ DIAPHRAGM
It has two sides, but the right is thicker and stronger than the left.

4/ LIVER
It also has two lobes, but the right is much larger (by a factor of six).

LUNG WAY DOWN

BAD BREATHING CAUSES CHRONIC STRESS, WHICH COULD LEAD TO A WORLD OF HURT.

CHRONIC STRESS MAY INCREASE YOUR RISK OF...

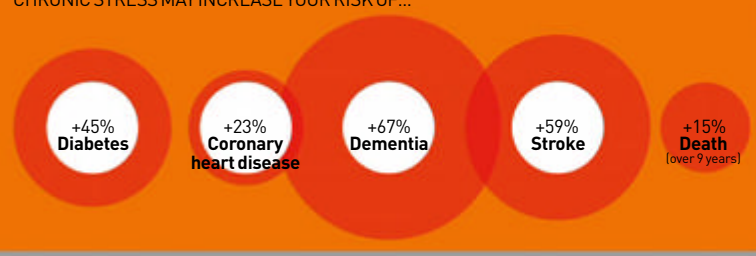
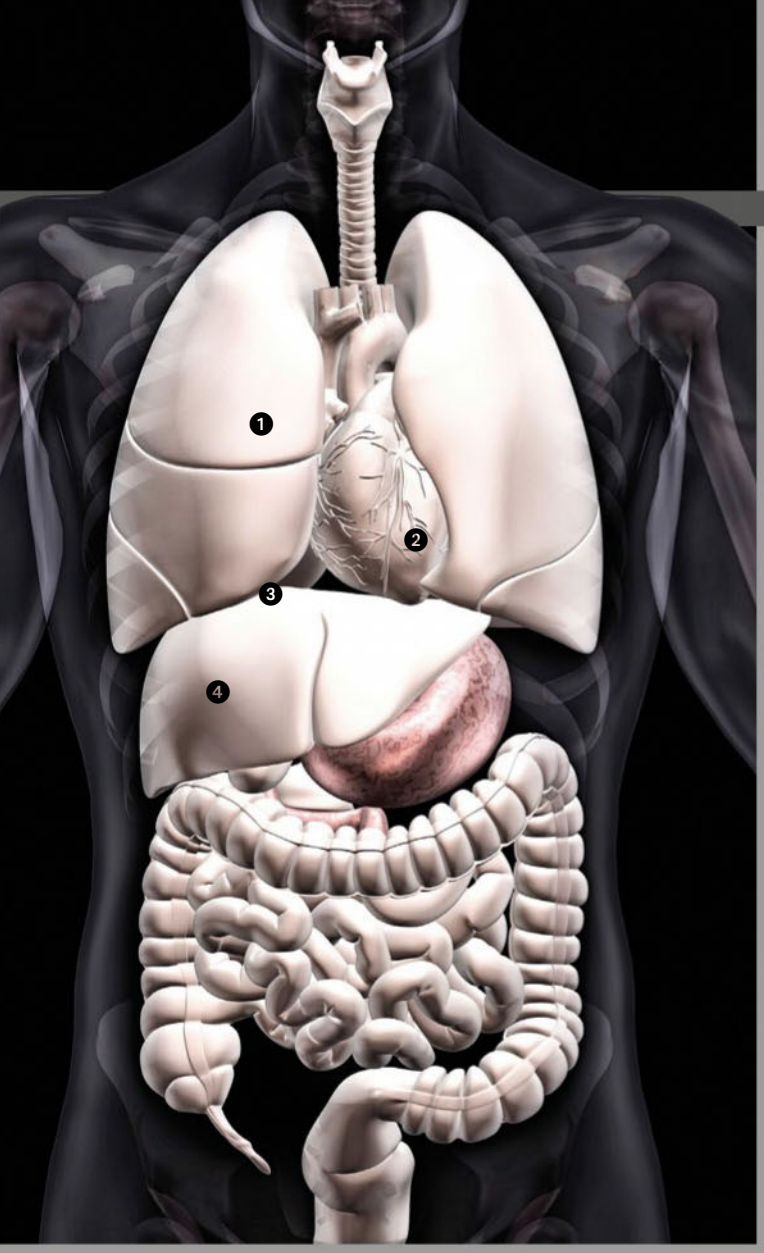


PHOTO CALYSTA IMAGES/CORBIS



For most of us, though, the diaphragm is never in a position to support optimal posture or breathing. Why? Our right-sided stance cracks the canister open. "Your pelvis and pelvic floor tilt down, and your ribs and diaphragm tilt up," says Bill. You lose your ZOA. And just like that, your primary breathing muscle flickers offline.

Other muscles pick up the slack. Your intercostals take over most of the work, and your scalenes and pecs chip in as well. "But the net effect is that we become chest breathers," says Dr Libby.

Such inefficient breathing won't kill you. "You extract only 20 per cent of the oxygen you breathe in," says Peter Brown, head of performance knowledge at the English Institute of Sport. "That's why you can resuscitate someone with exhaled air." What's more important is how your body perceives chest breathing. It assumes you're in danger.

"In times of fight-or-flight, your brain recruits the less-efficient respiration muscles first," says Peter. It's a sound survival strategy. "If you're trying to outrun a wild boar, you don't want to exhaust your most powerful breathing muscle. You want it on standby in case things go from bad to worse."

But you don't need to be in actual danger for your brain to switch into survival mode. It operates on generalisations, and chest breathing suggests life-or-death stakes. In response, your brain hits the panic button, flooding your body with stress hormones such as cortisol and adrenalin. "That's a good thing if you need a burst of power and speed to escape a predator," says Dr Libby. "But if you can't shut it off, which is what happens with chest breathing, you strain your entire cardiovascular system."

Chronic tension in what should be accessory breathing muscles can lead to migraines, neck and shoulder pain, and backaches. It's a vicious cycle. "Stress causes us to breathe inefficiently, and inefficient breathing causes stress," says Dr Libby.

INEFFICIENT BREATHING CAN REALLY HURT

To fully understand the destructive power of inefficient breathing, it helps to look at extreme examples. And no example is more extreme than a pro athlete. "If you think of the body as an automobile, athletes are race cars. They have the same alignment and breathing issues as everyone else, but they push themselves harder and have more power under the hood. So when things go wrong, they go really, really wrong," says Neil.

A MODEL OF BAD POSTURE

Sure, Michelangelo's David looks good. He also shows how an everyday habit can quickly become a breathing problem.

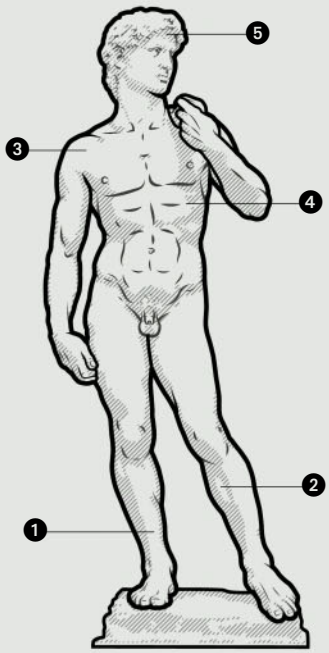
1/ After a couple of minutes of standing, you shift your body's centre of gravity onto your right leg.

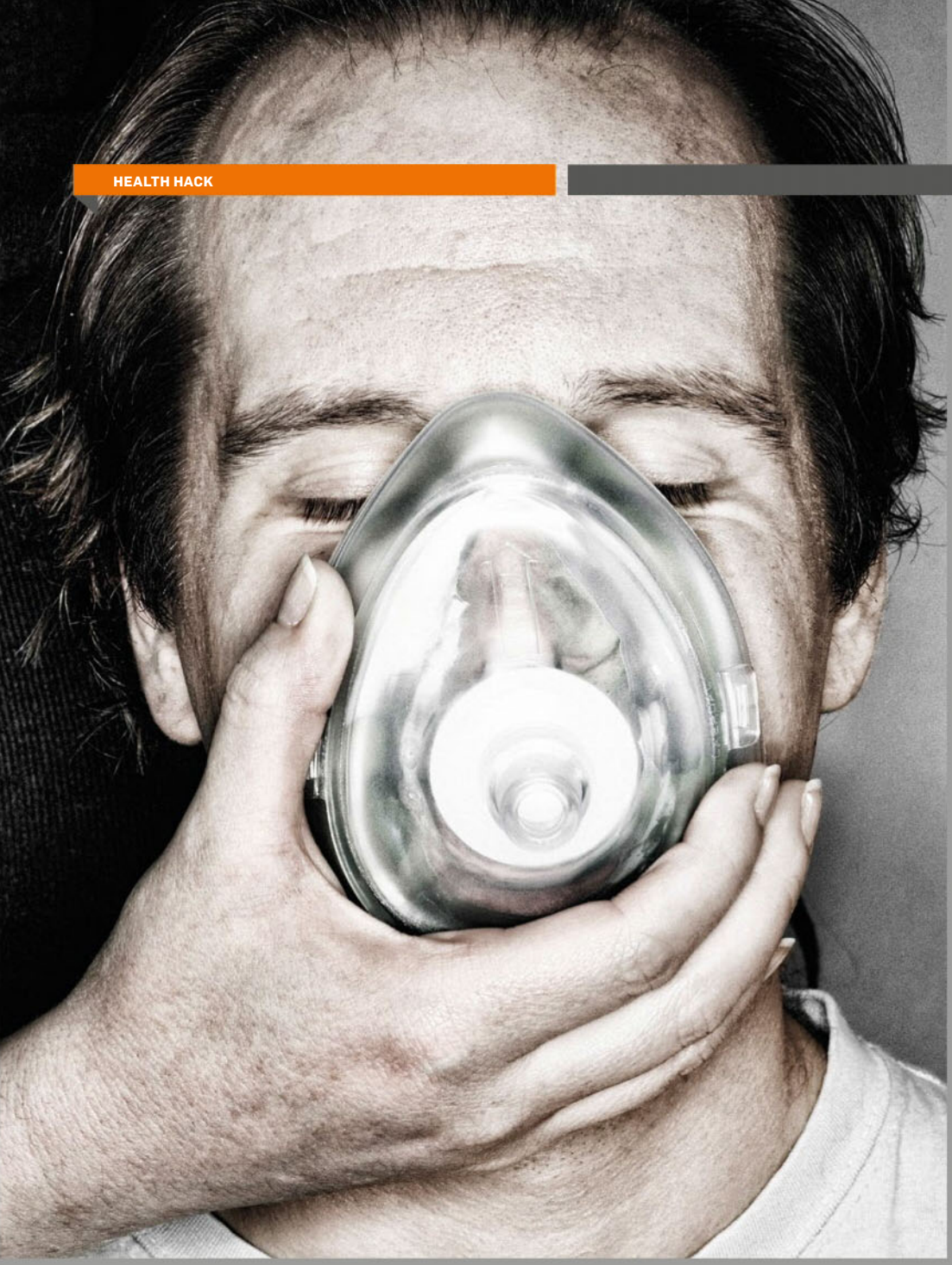
2/ Your left leg moves forward, taking the left side of your pelvis with it. Your entire pelvis also tilts downwards.

3/ Your right shoulder drops while the left side of your rib cage flares out and tilts up, causing your diaphragm to lose its dome shape. It has now ceased to be your primary breathing muscle.

4/ Your intercostal (between-rib) muscles, pectorals and neck muscles pick up the slack.

5/ Trouble ensues. With the diaphragm offline, tension increases throughout your body. Plus, your brain elevates the production of stress hormones like adrenalin. The result: reduced breathing efficiency, greater stress, elevated cardiovascular strain, and a higher risk of back, neck and joint pain.





We're standing in the weight room of the clubhouse where the American baseball team Arizona Diamondbacks are training. Most of the players are warming up with light workouts or agility drills. But a handful are sprawled on the floor or leaning against walls blowing up balloons. "It's respiratory resistance training," says Neil. "The balloons train them to breathe in a new position – one that allows for optimal functioning of the diaphragm."

As they blow up the balloons, each player tilts his pelvis up and keeps his ribs down, sealing the canister. He also reaches forward with his right arm to rotate his torso left and open his lungs. (Try it yourself with the 90/90 hip lift below.) The result? "The diaphragm comes online," says Neil. "It's like hitting reset, structurally realigning the body."

Or as Ron describes it: "You become neutral."

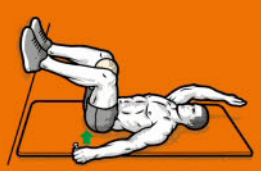
You can think of neutrality as being functionally symmetrical – the ability to shift your centre of gravity from one side to the other, to breathe efficiently with both lungs, and to maintain the position of your true core. "Being neutral helps everything," says All-Star baseball player Paul Goldschmidt. "When I lift, I'm stronger. When I run, I'm faster.

BREATHE RIGHT, NOW

THE ONE EXERCISE EVERY MAN MUST DO TO RETRAIN HIS DIAPHRAGM, REALIGN HIS BODY, AND START BREATHING BETTER INSTANTLY.

90/90 HIP LIFT WITH BALLOON

1 Lie face up with your feet flat against a wall, and your knees and hips bent 90 degrees. Place a 10cm to 15cm ball between your knees and extend your right arm above your head. Hold an uninflated balloon in your left hand by your side. Inhale through your nose and exhale through your mouth, tilting your pelvis up, so that your tailbone rises off the floor (your lower back should remain on the ground).



2 Hold that pelvic position as you raise your right arm towards the ceiling. Put the balloon to your mouth with your left hand. Inhale through your nose, and then exhale into the balloon as you reach towards the ceiling with your right arm. Hold for three seconds (don't let the air out of the balloon). Repeat the process two more times, then return to the starting position. That's 1 round. Do 5 rounds up to 3 times a day.

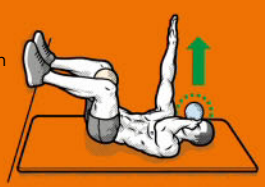


PHOTO JOHN RENSTEN/CORBIS

It allows me to fully express my power and speed."

It also helps him stay off the disabled list. "Paul and the rest of these guys tended to be overextension monsters when we started with them," says Neil. "They had puffed chests, excessively arched backs, hunched shoulders – the typical gym posture."

Like many men, they took the advice of "Don't round your back when you lift" to the extreme. In so doing, they reinforced the right-dominant pattern they were stuck in and overloaded joints already suffering from overuse, says Neil.

The problems with overextension, which is essentially an exaggerated chest-breathing posture, aren't limited to injury. "Your intercostals burn through energy quickly and produce a staggering amount of metabolic waste, such as lactate," says Peter. During exercise, that increases the perception of effort. The result: Most men never exercise as hard as they think they do – or come close to maximising their gains. It's just one more reason to get neutral. And to do that, you need to change the way you move through your world.

START USING YOUR LEFT SIDE

"Everyone stand up," says Ron in the seminar room. "Put on your jackets."

We all do as he says, right arm first. "Now put on your backpacks." Thirty bags go over 30 right shoulders. The exercise continues – we cross our legs (left over right), begin walking (left foot first) and relax in our chairs (slumping to the right), each time unwittingly adhering to right-side dominance. "Correcting postural patterns doesn't stop with blowing up balloons," says Ron. "You need to remember you have a left side, and start using it."

At the most basic level, that means reaching for objects with your left hand, standing with your weight on your left leg, and sitting with your right knee ahead of your left.

But Ron encourages people to go deeper: "When you drive, press your left glute and lower back into the seat to take the demand off your right side and decompress your spine."

Do the same when you're seated at your desk. If you're right-handed, also bend your torso to the left and place your left arm on your desk or armrest. (Lefty? Keep your torso centred.)

At night, sleep on your left side, placing a pillow under your torso and another between your knees to move the right side of your pelvis forward.

"Done consistently, these actions remap the representation of your body in your brain, making reciprocal movement not only normal but also automatic," says Bill.

> "YOU NEED TO REMEMBER YOU HAVE A LEFT SIDE, AND START USING IT."

As repetitive wear patterns fade, so, too, will nagging aches and pains. "Once you take yourself out of a chronic, hyperventilated (chest-breathing) fight-or-flight state, many aspects of health improve," says Dr Libby. "Your blood pressure goes down, you sleep better, your risk of stroke and heart attack decreases – even people who suffer from fibromyalgia and chronic fatigue syndrome find that they're less symptomatic."

Ron is aware that such claims can sound unbelievable, and that some jokingly refer to the "miracles" he performs as "voodoo". The thought makes him cringe. "I hate making this a show, but I don't know how else to grab people's attention," he says. "The potential is huge. Everything from orthopedic ailments to cardiopulmonary diseases can have roots in posture and breathing."

Hearing him talk, one gets the sense of a pending revolution. In many respects, it has already begun. A growing number of physicians are attending his seminars. Terms like "pelvic tilt" and "zone of apposition" are becoming buzzwords among trainers.

But, ultimately, Ron sees his revolution as distinctly non-revolutionary. "It's the future, but it's also the past," he says. "It's a return to how things used to be – a time when we worked and played outside, when we didn't sit at desks all day, and when neutrality and reciprocal movement weren't things that we had to relearn." And there he pauses, smiling. "It's a return to a time before we became so damned right all the time."

BEHIND THE CURVE

HOW THE SHAPE OF YOUR DIAPHRAGM DETERMINES HOW WELL YOU BREATHE.



1/ OPTIMAL BREATHING
To help you breathe, your diaphragm must be a dome. In that position, it can press against your ribs, boosting stability and draw air into your lungs as it contracts and flattens. "The area where it presses against your ribs is the zone of apposition, or ZOA," says Bill Hartman.



2/ TYPICAL RESPIRATION
Postural habits and chronic stress cause most people's ribs to flare and their diaphragm to remain contracted. "As a result, you lose your ZOA and your diaphragm stops being a respiratory muscle," says Bill. You become a chest breather, the most inefficient kind.

Men'sHealth
URBANATHLON 2015

PRESENTED BY tigerair



1

TOUGHER THAN EVER

HERE'S A RECAP OF HOW URBANATHLETES TACKLED AND CONQUERED THIS YEAR'S GRUELING RACE.



2



WE SALUTE YOU

Over 3,700 Urbanathletes completed arguably one of the toughest races we've ever organised. They pushed through each obstacle with grit and determination, and never once did they waver under the searing heat and fatigue. Kudos to each participant!



3



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DEDICATION AND DETERMINATION

In what is the sixth edition of our urban-assault race series, Urbanathletes were flagged off at the Kallang Practice Track, which also housed the race village where a huge party awaits.

Participants included Mr Teo Ser Luck, Minister of State (Ministry of Trade and Industry), who was part of the SG50 contingent that comprises members who have contributed to nation-building. The 14km footrace, laced with nine obstacles, is a test of the mental and physical toughness. The subsequent scenic route – traversing places like Gardens by the Bay – was a welcome distraction.

New obstacles such as Lab Series' Tipping Point (balancing on a tipping plank) and Nautica's Wheel & Deal (squeezing through tyres) challenged racers' core strength, while Tiger Air's Mystery Obstacle proved that anyone can conquer his or her fear of heights by jumping off a platform. At the end line, Urbanathletes had their spirits lifted at the sight of family members, friends and loved ones.

This year's individual category winner was Nepalese Gurung Nimesh, who finished with a time of 54 minutes and 35 seconds. For the corporate category (formed with three to five runners), Team Gurkha came out tops.

1 Urbanathletes starting one of the toughest urban-assault races.
2 Blazing through Lab Series' Tipping Point – a true test of core strength.
3 An Urbanathlete leaps off Tiger Air's Mystery Obstacle. What a champ!
4 Squeezing through tyres at Nautica Watches' Wheel & Deal.
5 Flexing arm muscles at Polar's Lateral Move obstacle.
6 Casio's Leap of Faith requires one to jump off a platform and reach for a rope.
7 Goodyear's Bottom Line puts your core muscles to good use.
8 Maintaining focus while fatigued are the Urbanathletes at True Fitness' Balance Sheet.

Men'sHealth
URBANATHLON 2015

PRESENTED BY tigerair

IT'S TIME TO PARTY

The race village transformed into a hive of activity and buzz post-race, with beer, games and nutritious grub to fuel what had been a strenuous outdoor workout. A big thank you to all our sponsors and everyone who took part in the Urbanathlon.

1



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1 Scaling and descending Kwikset's 3.2m-high truck is no mean feat.
2 The SG50 contingent are in high spirits as they wait patiently at the starting line.
3 This is a true mark of what it means to have a *Men's Health* can-do spirit – carrying 10kg cement blocks at 100 Plus' challenge with a big smile.
4 A look of determination to scale down the rope – with success.
5 Mountaineer Edwin Siew – no stranger to heights – leaps off in style.
6 7 9 10 11 It's time for more fun at the race village that's bursting with activities. From beer stations to drone photography, it's evident that everyone is having a fantastic time after a gruelling workout. Family members and loved ones join in the fun, too.
8 Triumphant Urbanathletes crossing the finish line. What an accomplishment – they are certainly toughness personified!
12 *Men's Health Singapore* editor Kelvin Tan (extreme left) with Team Gurkha, champions for the corporate category, as well as individual category champion Gurung Nimesh.







Breakfast >>> with torque

Learn about the advanced technologies that make this all-electric car so electrifying!

HIGHLIGHTS

Meet the revolutionary BMW i3. Get behind the wheel of the uniquely stylish five-door hatchback and experience what E-mobility is about. The i3's compact size also lends it better manoeuvrability, while still offering enough room for four adults.

Learn how you can connect with it via your smartphone using the BMW i Remote App – to check the battery's charge status of your car, switch on the air-conditioning from anywhere you are, and lock the doors from your smartphone.

Join us for this Breakfast with *Torque*, test-drive this revolutionary electric car and experience what the future feels like.



DATE June 20, 2015, Saturday

TIME 9am - 12pm
Registration starts at 8.30am. Breakfast will be served.

VENUE The Prime Society,
10 Dempsey Road #01-20,
Singapore 247700

In collaboration with BMW

Registration fee: $15 per person or $25 for 2
Every participant will get a goodie bag worth more than $20
Registration start date: April 27, 2015
Registration closing date: June 5, 2015*

*Limited to 40 readers. Should there be an overwhelming response, the 40 will be picked via a lucky draw. Successful registrants will be contacted via phone or e-mail by June 12, 2015. Payment will be processed only if your registration is successful (payment must be made via Visa or Mastercard).

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SPHmagazines

SINGAPORE

Men's Health



PAVEMENT PARTNERS 26

NEW RUNNING SHOES WORTH GOING THICK TO THIN WITH!

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SUPER-CHARGE YOUR RUN

MAKE EACH ONE A NEW ADVENTURE WITH THIS TRAINING REGIME.

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TECH UPGRADE

GO FURTHER & FASTER WITH THE LATEST GEAR.

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YOUR ULTIMATE GUIDE TO RUNNING 2015



YOUR BREAKAWAY TRAINING PLAN

THAT PLODDING JOG ISN'T GETTING YOU ANYWHERE. REINVIGORATE YOUR WORKOUTS TO GO LONGER, RUN FASTER AND DROP KILOS.

TEXT **KRISTIN CANNING** PHOTOS **COREY JENKINS/CORBIS**

If you're like most guys, you're a creature of habit: You go to bed at 11pm, hit the john after your morning joe, and run the same loop at the same speed. That's great for sleeping and pooping, but not so good for your fitness or race times.

Research from Canada and New Zealand reveals that different kinds of running deliver specific fitness benefits.

Shorter intervals, for instance, increase your VO2 max (one measure of aerobic endurance), while longer sessions boost your "Qmax" – the volume of blood your heart can pump.

Smart (and fast) guys take advantage of four key types of training – speedwork, threshold sessions, speed-stamina workouts and relaxed long runs – to race better and boost fitness. Even marathoners can benefit from lung-busting 100m dashes.

In fact, Tom Kloos, an elite track and cross-country coach, says that failing to mix up training is the biggest mistake he sees runners make. "The best improvement I've seen is with speedwork," he says. "It improves the way you move, your biomechanics and your running economy. That way, you can run at race pace much more comfortably."

We'll show you the science-based benefits of each kind of workout, and how to best fit it into your training.

SPEEDWORK

▶ **WHAT IS IT?** A 30-minute sprint session. This training improves your stride, recruits more fast-twitch muscles, and builds your fitness quickly.

▶ **THE DETAILS** Warm up with a 1.6km jog, followed by form drills: 15 seconds each of skips, butt kicks, knee raises and fast feet (hit the ground as rapidly as you can). Do 3 sets. To prime your muscles for sprinting, do dynamic activation: 30 seconds of mountain climbers followed by climbing 20 steps (or 20 step-ups on a bench). Repeat. Now you're ready for speedwork: Do 30m, 40m, 50m and 60m all-out sprints from a standing start. Walk back for recovery. Then do 100m fast 3 times, but not quite at a full sprint. Jog back. To cool down, run 800m, progressing from a steady to a very easy pace.

Sprinting uses more fast-twitch muscle fibres than distance running does, and it teaches you good form – that is, pumping your arms, keeping your head and chest up, and driving your knees forward. If you understand how this motion propels you, then you'll also recognise when you're breaking form during a longer run – and know how to correct it. "You learn to run faster with less effort. That's a win-win," says Tom.

The downside? Sprints are hard on your joints. You're pounding them with up to 700 per cent of your body weight with every footstrike. At slower speeds, half your motion is powered by muscle contraction and half by the energy stored in your tendons, says physical therapist Jay Dicharry. Your feet spend about a quarter of a second on the ground when you run slowly, and just an eighth of a second when you sprint. "You don't have time for the stored elastic energy to help you out when you're sprinting, so almost all the work comes from active muscle contraction," he says. That's why Tom advises giving yourself 48 to 72 hours to recover from this training.

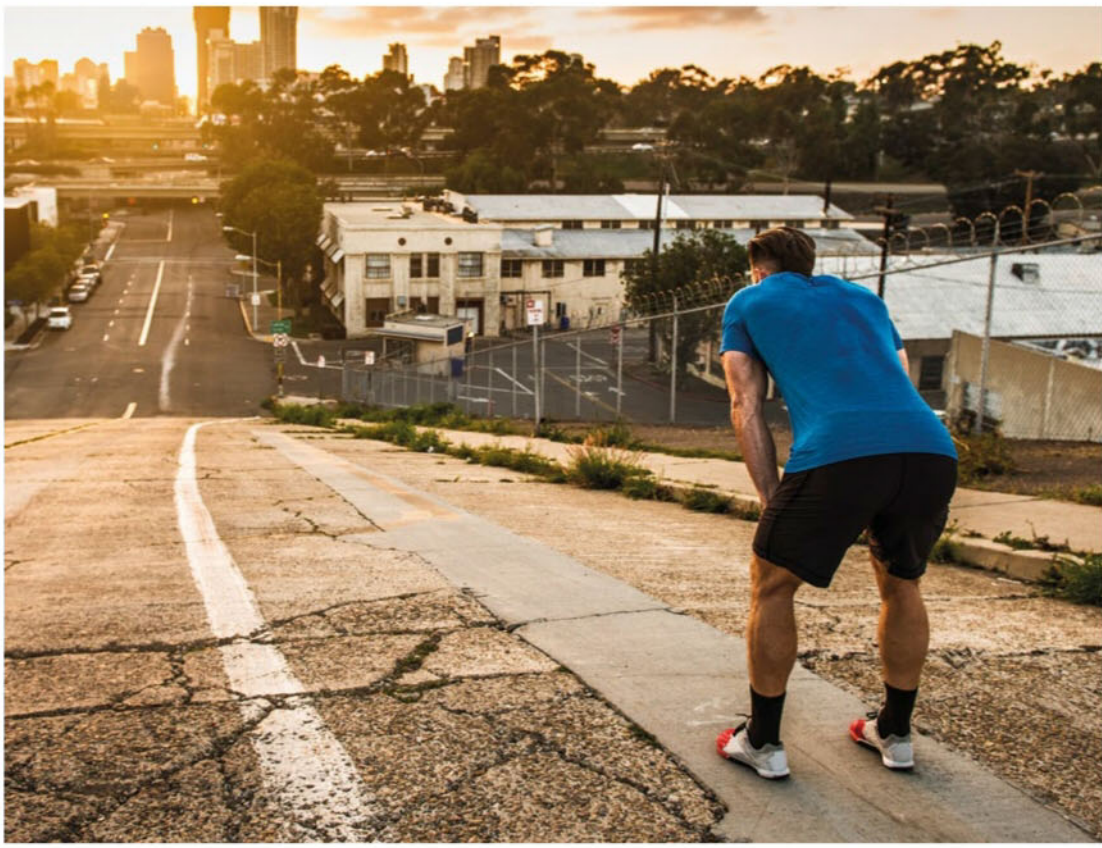
THRESHOLD SESSION

▶ **WHAT IS IT?** Running for 30 to 60 minutes at your threshold pace – the speed you can maintain without breathing so hard that you need to slow down. It improves your aerobic capacity and helps you incinerate more calories than other kinds of running, because you're working at a higher intensity for a long period with no rest.

▶ **THE DETAILS** Run at your threshold pace for 6½km to 9½km. When this workout becomes easier, run up to 30 minutes more when training for a 10K or less, and up to an hour more for longer races. Then work on increasing your pace.

There are various ways to figure out your threshold pace, says Tom. You can go by feel: It should seem hard but still be manageable to maintain. (That's why it's crucial not to push the pace fresh out of the gate.) You can also use a running table: If you've done a 5K or 10K, enter your time in the McMillan Running training calculator (www.mcmillanrunning.com). A rule of thumb, he says, is to go slightly slower than your 10K race pace, or add 40 seconds to your per 1.6km 5K pace. If you tend to lose focus partway through a session, run with a friend. It's more fun, and you can keep each other on pace. If you can talk to your friend but don't really want to, your pace is about right, Tom says. "Your breathing has to be at that level."

> "SPEEDWORK IMPROVES THE WAY YOU MOVE AND YOUR RUNNING ECONOMY."



SPEED-STAMINA WORKOUT

▶ **WHAT IS IT?** High-speed repetitions of 200m to 1.5km. This is the most physically demanding and mentally challenging kind of running, says Tom. The pay-off for your 45 minutes of suffering is a stronger heart and more stamina. Longer intervals increase your heart "contractility" (the force of each beat) as well as the density of the mitochondria (cellular power plants) in your legs.

▶ **THE DETAILS** Warm up by jogging at an easy pace for 1.6km. Then do these form drills: 15 seconds each of skips, butt kicks, knee raises and fast feet. Do 3 sets, and then prep your muscles for sprinting. Do four 70m acceleration striders (increase your speed incrementally until you're going fast but are still relaxed and not in a full sprint, then walk back). The intervals: Do 8x450m with a 90m walk recovery. The pace should be the fastest you can maintain for the entire workout. The recovery walk should take the same time as the 450m run. To cool down, jog slowly for 1.6km or 3km.

Long intervals aren't for the faint of heart, but they're great for your ticker. A recent Finnish study found that this kind of high-intensity interval training increased VO2 max, heart rate variability (a good indicator of cardiac health) and muscle capillary density, all of which help move oxygen throughout your body so you can exercise harder for longer. You also burn major calories through excess postexercise oxygen consumption. In other words, you work out so hard that you keep burning calories even after the clock stops.

But don't overdo it. "Four to 6 of these speed-stamina workouts is all it takes before you're maxing out the benefits," says Tom. He suggests adding them to your training regimen eight weeks before a race. Do one every other week or so, completing 4 to 6 sessions total.

RELAXED LONG RUN

▶ **WHAT IS IT?** A slow and steady run. These burn the most fat and increase your stamina. But they can be hard on your joints if you have poor form or weak legs, so work up to longer distances.

▶ **THE DETAILS** Run for an hour or longer at a pace that allows you to easily hold a conversation. If you get too winded, walk until you're breathing easily. Then resume running.

Doing this at a lower intensity for long distances is still the gold standard for endurance training. In fact, many elite athletes divide their training into 70 per cent relaxed long runs, 10 per cent threshold sessions and 20 per cent sprints, says Alex Hutchinson, a running columnist. "This balances out the hard sessions that yield the swiftest gains with the easier ones that allow for recovery and continued improvement." If you're looking to become lean, emphasise long runs. At 60 minutes, your body starts to draw from fuels other than just your blood sugar. This process can help you lose fat faster, says Tom.

WHAT'S YOUR GOAL

How often should you be completing each of these workouts? Pick your goal below for a custom training plan from Tom.

▶ **I WANT TO BE IN BETTER SHAPE.**
Use a two-week cycle and aim to do one of each workout every two weeks. On other days, do strength training. If you can run three times a week, add two relaxed long runs.

▶ **I WANT TO BE MORE COMPETITIVE IN A 10K ROAD RACE, TOUGH MUDDER OR MARATHON.**
Use a two-week cycle, being sure to do all four workouts every two weeks. If you can run six times per cycle, base the extra runs on the time to race day: Six months out, add a relaxed long run, and alternate between threshold sessions and speed-stamina workouts for your other extra workout. Three months: Add a threshold session, and alternate relaxed long runs and speed-stamina workouts. Two months: Add speedwork; alternate threshold and relaxed runs.

▶ **I WANT TO DROP KILOS.**
Both plans work equally well for losing weight.

RUNNING THE NUMBERS

COREY RYNDERS, AN EXERCISE PHYSIOLOGIST, AND JAY DICHARRY, A PHYSICAL THERAPIST, CRUNCHED THE WORKOUT DATA FOR AN 82KG MAN.

	SPEEDWORK	THRESHOLD SESSION	SPEED-STAMINA WORKOUT	RELAXED LONG RUN
TOTAL CALORIES BURNED*	265	790	670	670
CARBS / FAT BURNED DURING EXERCISE (IN CALORIES)	**155** / 85	**495** / 230	**425** / 175	**295** / 355
EPOC (IN CALORIES)	**25**	**65**	**70**	**65**
AVERAGE % OF YOUR HEART RATE MAX	**80**	**90**	**85**	**75**
VGRF** (% OF BODY WEIGHT)	**300-700**	**220-350**	**275-400**	**220-300**
TIME (TOTAL MINUTES)	**30**	**45**	**45**	**60**

**This reflects the total number of calories burned during both the exercise and the excess postexercise oxygen consumption (EPOC).*
***Vertical ground reaction force, or the amount of force exerted on your body at midstance. The higher the force, the greater the stress on your joints.*



SPEED SECRETS

Train-smart tips from 2014 Boston Marathon champ Meb Keflezighi.

DO	DON'T
FORM	
Regularly work to improve your running form.	Overstride! Shoot for 170 to 190 strides a minute.
Practise elements of good form during some runs.	Work on your form so much that you don't enjoy running.
Consider form drills an integral part of training.	Force any changes in your running form.
TRAINING	
Be consistent in the frequency of your runs.	Make sudden increases in your mileage or intensity.
Include variety in your training programme.	Try to cram too many elements into your training week.
Keep a training log.	Be afraid to rest for a day if you feel an injury coming on.
RACING	
Visualise an upcoming race while training.	Worry about not sleeping well the night before a race.
Have several goals for each of your races.	Radically change your diet the day before a race.
Self-evaluate after every race to find areas for improvement.	Drop out of a race unless you're injured.

From Meb for Mortals: How to Run, Think and Eat Like a Champion Marathoner, *by Meb Keflezighi (Rodale)*

SAMURAI SPIRIT

KELVIN TAN HEADS TO THE LAND OF THE RISING SUN TO CHECK OUT THE TOKYO MARATHON.

PHOTOS **KELVIN TAN** & **ASICS**





Up next for this trio – a hot bath and some serious carbo-loading.



Runners came in all shapes, sizes and outfits.



No pain can't be endured in the quest to build better shoes.

One of the running community's favourites, the Tokyo Marathon is attracting entries numbering hundreds of thousands each year since it kicked off in 2007. A classic example of how beloved this run has become was the fact when registrations closed for the 2013 event, more than 303,000 people applied for the full marathon, giving it an oversubscription rate of 10 applicants per spot for participants.

Unfortunately, two ill-timed running injuries – a torn meniscus and a hamstring rupture – meant I had to sit out this year's edition. But Asics was kind enough to offer to take me along for the ride to check out the festivities. It was even open to letting me in on its top secret Asics Institute of Sports Science (ISS), which offered an interactive experience of how the running brand has developed gear for athletes and serious runners over the past six decades. Read on and find out why Japan is such a running mecca.

CHECKING OUT THE ROUTE

There's a reason why the Tokyo Marathon is one of six races that make up the World Marathon Major Series (with London, Berlin, Boston, Chicago and New York making up the other five): The city is a sprawling metropolis, and one of the globe's largest.

What's unique about it is also how picturesque it is, as it begins at the Metropolitan Government Building and ends at the Tokyo Big Sight in Odaiba, passing through the capital's main tourist spots, including the Imperial Palace, Tokyo Tower, Asakusa and Ginza.

While I wasn't able to join the Asics team in taking a leisurely run along the route ahead of the marathon, strolling along it was enough to make my heart envious of the 35,000 runners that would get to run it. The view along the Imperial Palace, in particular, stood out for me.

In fact, according to reports by *The Japan Times*, the route is so scenic, there's even matchmaking runs organised weekly called "jogging-kons" there! That's how much the Japanese love their running – these runs are replacing "*omiai* meetings", which are formal traditional gatherings where unattached individuals are introduced to each other to consider the possibility of marriage.

THE SCIENCE OF SHOES

With some spare time ahead of the run, I also checked out Asic's ISS and Sports Museum in Kobe. Established since 1985, the institute conducts a wide variety of research, analysing human form and movement in order for the shoemaker to produce better footwear with each iteration.

I was brought through various tests the brand makes in order to build a better shoe, as well as an in-depth showcase of how deep the science goes into design and material selection.

> "I COUNTED SEVERAL SPIDER-MEN, A MICHAEL JACKSON AND BIKINI BABES."

It became clear that the Japanese custom of attention to even the smallest of details is part of the Asics ethos.

The brand even won kudos for conducting detailed studies on the reinforcing mechanism of composite rubber containing cross-linked resin powder. For laymen like myself, it was explained that this enabled better soles for Asic shoes, such as its Nimbus and Kayano models. Certainly interesting stuff for running shoe geeks.

RACE-DAY THRILLS

One of the most impressive things about the marathon was how, in the midst of all the chaos, everything felt so organised.

Security was heightened, though. The recent ISIS hostage crisis had involved two Japanese after all.

But that didn't detract from the grandeur of the Tokyo Marathon – not with almost two million spectators (which is an astounding 15 per cent of the city's population) lining the streets to cheer runners on.

On top of that, there was plenty of sightseeing, with traditional shrines and jaw-dropping skyscrapers en route. There were also stages with folk dancing performances and bands playing local music. In fact, one key thing some runners shared with me was how important an extra power pack is. In between the selfies and snaps, you're bound to run your phone battery dry before the finish line.

There were also the runners for entertainment. You'd see whacky and weird costumed folks. I counted several Spider-men, a Michael Jackson, and even women wearing skimpy bikinis despite the cold weather (it was 10 deg C on race day).



No run is complete without good companions.



At the final 200m, I could hear the spectators shouting "Omedeto!" (which means congratulations) as runners crossed the finish line. And even at that late stage, Japanese organisation was simply superb, with no fighting or queueing for drop bags. Runners' gear was simply laid out in numbered order, and handed over with a bow, clap and loud cheer.

Running bliss, really. I will definitely be back as a participant next year.



GET OFF YOUR ASPHALT

RECHARGE YOUR RUN-OF-THE-MILL CARDIO ROUTINE, AND MAKE EVERY WORKOUT A NEW ADVENTURE BY TAKING YOUR RUNS OFF-ROAD.

TEXT MICHAEL EASTER | PHOTO NATHANIEL WELCH

Forget for a moment about the quiet serenity of a run in the woods. About the peace, solitude and freedom. About the clean air and gentle breeze. And about the absence of cars, exhaust, traffic lights and asphalt. On second thought, go ahead and think about those things – each is reason enough to head for the hills. And here's another: You'll get fitter faster by hitting the trail than by pounding the pavement.

"Trail running is a better workout per mile than road running is," says Ian Torrence, winner of 53 ultra-trail-marathons. In fact, he says, the two pursuits almost qualify as different sports. "Trail running is more difficult than road running because the terrain varies constantly, forcing you to adapt your technique and use your muscles in new ways."

With each stride, you'll not only crush more calories – around 12 per cent more, according to US researchers – but also build greater core and leg strength. Plus, you'll sustain fewer wear-and-tear injuries than you would on pavement, thanks to less-jarring foot strikes on softer ground, according to research published in the *Journal of Sports Sciences*. And in all likelihood, you'll see your 10K time drop dramatically. "Running on roads feels a lot easier after you've trained on trails," says Ian. "Most guys discover that their race pace picks up quite a bit."

Need another reason to kick up some dirt? A long run in a natural setting also benefits your brain, helping you feel revitalised and energised, while reducing tension, anger and depression. And those positive vibes can have a snowball effect: You enjoy exercising outdoors, so you're more likely to keep seeking out that enjoyment, according to a review in the journal *Environmental Science & Technology*. Therein lies the real reason why an increasing number of runners are trading pavements for dirt tracks: Trail running is fun.

Unplug the treadmill, head outdoors and discover for yourself. The following training tips will help you make the most of every step.

1 DIAL BACK YOUR PACE

"The biggest mistake people make is trying to run trails at the same pace as they would when they run on roads," Ian says. It makes sense to slow down. If you don't adjust your pace to the more complex and challenging terrain, he warns, you can easily overexert yourself. What you'll get instead is a much shorter workout that ends a lot farther from home than you would like.

So do what the pros do: Run 20 to 35 seconds slower per kilometre than you normally would on the road. "This might seem too slow at first," Ian notes, "but after a few hills, you'll realise that you need to conserve energy." After that, if you still feel like you're going too slow, increase your pace by 3 to 6 seconds per klick.

He Says:

"RUNNING ON ROADS FEELS A LOT EASIER AFTER YOU'VE TRAINED ON TRAILS."

2 LEAP OBSTACLES

When making the switch to trails, road runners often adopt a short, shuffling gait because of the uneven footing. "There are a lot of rocks, roots and other obstacles to trip you up," says veteran ultra-trail runner Luke Nelson (www.challengeofbalance.com). "But hold onto your long, smooth road strides." Try to lift your feet 10 to 15 per cent higher than you normally do. "That will keep you from stumbling," he assures. And don't look directly down at your feet – that's another road-running habit. "Keep your gaze about 6m ahead of you at all times, so you can anticipate obstacles instead of letting them surprise you."

3 CHARGE THE HILLS

"Much of running trails well has to do with technique," Ian says. The exception to that rule is hill running. "Hills are all about general fitness, and not necessarily cardiovascular fitness. Power really comes into play," he states.

The key to conquering them is to be explosive: When you're running up a hill, approach each stride as you would a step-up at a gym. "Lean into the slope and drive up and forward with your entire lower body," he describes. You want your hip, knee and toes to be fully extended with each stride. "The 'triple extension' of the hip, knee and toes is where true power lies."

4 DON'T RIDE THE BRAKES

"Most people's instinct is to take downhills slowly, because bombing them gives you the sensation that you're out of control," Ian says. In reality, the opposite tactic is better – it's safer to pick up your pace. "Your momentum will carry you forward and provide stability, whereas putting on the brakes increases the possibility of your feet slipping out from under you," he warns. Adopt a 90-degree



angle to the slope and take short, quick strides, keeping your feet under you. "It takes practice, but it gives you more balance," he says. "You'll know you're doing it right if you aren't sore the next day."

5 BRING A LIFELINE

"The greatest draw of trail running is the solitude," says Luke. "But that can also be its greatest danger – if something goes wrong, a nice lady in a minivan won't be there to pull over and help you." For back-up in the event of an emergency, carry your cellphone – but set it on flight mode. "That way, you won't be interrupted by calls and texts," he advises. "You'll also never regret having a camera to take pictures." Before you set off, be sure to let someone know where you're going, the route you'll be taking, and how long you expect to be away. Need a reason? Watch James Franco in *127 Hours*.

6 FIND YOUR BALANCE

Naturally, varied and loose terrain requires much more balance and coordination than your usual hard and flat roads, Ian says. Indeed, the inability to react quickly and find equilibrium is what leads to most trail-running injuries, including sprains and strains (to say nothing of cuts, bruises and breaks). Unless you want to risk having to limp home from 10km out in the forest, do stability-building moves on days you don't hit the trail. Ian's recommendations: goblet squats, single-leg squats and step-ups, all performed on a Bosu ball. Do 3 sets of 10 reps for each move, resting as needed.

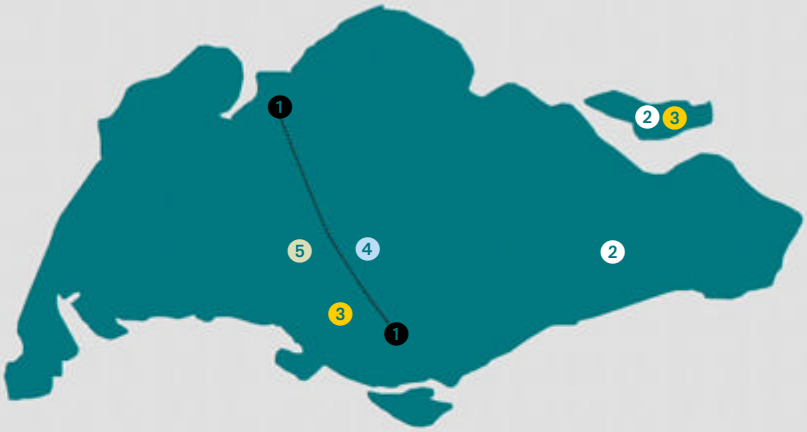
7 MAX YOUR VO2

Running performance in any environment – but especially on trails – is largely determined by the maximum rate at which your body can consume oxygen, a measure known as VO2 max.

The best way to boost your lung power: "Do intervals on hills," says Rickey Gates, winner of the 2007 USA 10K Trail Championships. Make them a regular part of your weekly routine with this workout: Find a long hill and run up it at a fast pace for 1 minute. Jog down to the start at half that speed. That's one interval. Do 15. "If that doesn't exhaust you, you didn't go hard enough."

CHOOSE YOUR PATH

THE TYPES OF TRAILS RANKED FROM EASIEST TO MOST CHALLENGING.



1/ RAIL TRAIL

▶ A wide, flat and non-technical dirt or gravel path converted from defunct railroads.
■ **WHERE** The former KTM railway from Tanjong Pagar to Woodlands.

2/ FIRE ROAD

▶ Dirt roads wide enough for fire-safety access vehicles. May be hilly; won't be technical.
■ **WHERE** Pulau Ubin and Bedok Reservoir Park.

3/ MULTI-USE TRAIL

▶ Any trail that may be used by walkers, runners and cyclists. May be hilly or technical. May be single-track (only wide enough for a single user) or double-track (wide enough for two to four people).
■ **WHERE** Kent Ridge Park (off South Buona Vista Road) and Pulau Ubin trails.

4/ HIKING TRAIL

▶ A trail just for foot travel that's likely hilly or technical.
■ **WHERE** MacRitchie Reservoir trails and the Wood-cutter Trail.

5/ MOUNTAIN TRAIL

▶ Trails with considerable ascent and/or descent. May be at high altitude, which means reduced oxygen.
■ **WHERE** Bukit Timah Nature Reserve trails. Or head to neighbouring countries for your fix.

SOMETHING FOR EVERYONE

Trail running inspires fun workouts for newbies, road racers and the injury-prone, writes Lisa Jhung.

NEW RUNNERS

■ **Look For:** Wide dirt trails and rail trails. Those like the green corridor of the former KTM railway are easy to run on and gentle on the joints, says running coach Vince Sherry. Their surface characteristics also make them softer than pavement and concrete – a boon to new runners who feel achy during or after road runs. Plus, you're protected from traffic and surrounded by more greenery than you'd otherwise get while pounding the pavement. The result: A safer run with much better air for your lungs.
■ **The Workout:** Head out for 20 to 30 minutes, alternating walking and running.

THE INJURY-PRONE

■ **Look For:** Soft surfaces like grass or dirt, or technical trails with rocks or roots. These are less likely than roads to cause new injuries or aggravate existing ones, says Jason Koop, director of coaching for Carmichael Training Systems. And because fast running generates greater impact forces than slow running, it's good to try hilly or technical routes that force you to slow down. If you can handle trails with rocks, roots and similar obstacles, consider runs on them to be preventive training: Technical trails engage different muscles than roads, thereby building balanced strength that may protect you from injury, says Dr Jason Glowney of the Boulder Center for Sports Medicine.
■ **The Workout:** Start with a short run of 15 to 20 minutes to make sure no injuries flare up, advises Dr Glowney. Walk up (and down) steep parts to extend your time outside.



TREADMILL DEVOTEES

■ **Look For:** Any trail that's near your home or workplace, but a mostly flat, non-technical dirt or gravel path. Treadmill running has its merits, especially for runners with busy schedules. However, the more stressed you are, the more you have to gain from spending time outdoors, away from traffic and close to nature, says sports psychologist Dr Stephan Walker. In fact, a study published in the *British Journal of Sports Medicine* found that people experienced less frustration and more feelings of calm when in urban green spaces, compared with other parts of the city.

■ **The Workout:** Go for time instead of mileage, Dr Glowney advises. Trails can slow you down, and stressing over your pace defeats the purpose.

ROAD RACERS

■ **Look For:** A non-technical surface with some challenging inclines and declines. The nature of trails – uphill, downhill, varying terrain – forces you to run different paces, which gives you an interval-like workout without having to count your laps or stare at your watch. Plus, the softer surfaces provide relief for road runners at risk of overuse injuries.

■ **The Workout:** Try a fartlek. Run uphill at a hard effort and recover on downhill. Or for a structured workout, adapt one you already do on the roads.

TRAIL RUNNERS

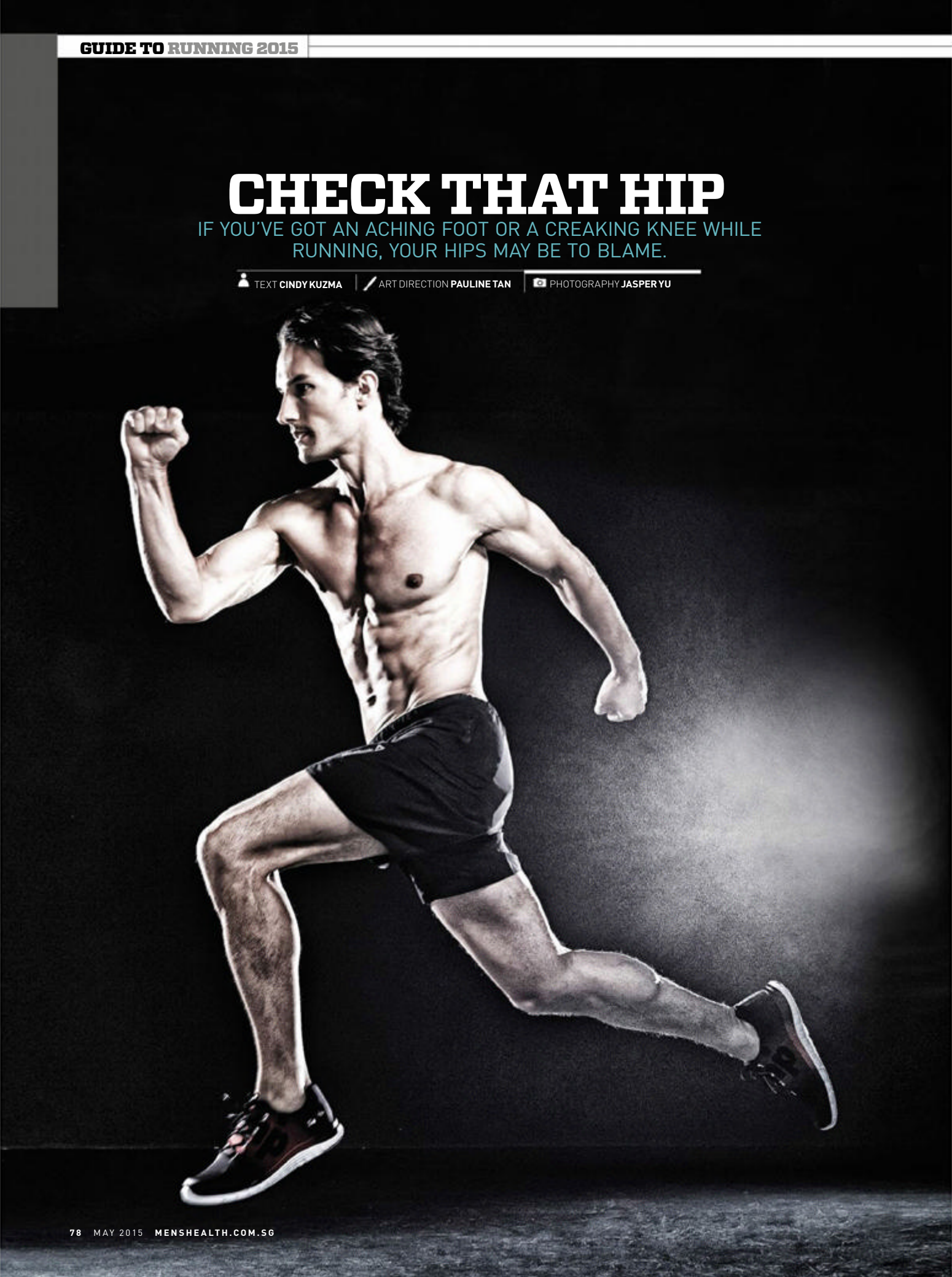
■ **Look For:** A trail that you've never run before, a point-to-point route that takes you to new parts of a familiar trail, or a trail race in a location that inspires you. Trying out new areas creates a challenge that can invigorate your running, says Dr Glowney. First, grab a hiking map or check out a website such as Everytrail (www.everytrail.com). Then tell someone where you're going – and explore. If you've been itching to run a trail that's too out of the way for a normal run, join a local running group, and let the other members encourage you to try new routes.

■ **The Workout:** Choose a route that's 20 per cent longer than what you're used to, and build up to it.

CHECK THAT HIP

IF YOU'VE GOT AN ACHING FOOT OR A CREAKING KNEE WHILE RUNNING, YOUR HIPS MAY BE TO BLAME.

TEXT **CINDY KUZMA** | ART DIRECTION **PAULINE TAN** | PHOTOGRAPHY **JASPER YU**



Injured runners frequently come to see physical therapist Brian Noehren with their shoes and orthotics in tow, regaling him with tales of how they've cycled through different brands and models of shoes in an attempt to treat themselves.

They're not alone in suspecting their footwear. In a recent survey asking runners to name the biggest injury culprits, "wearing the wrong running shoes" ranked third (behind "not stretching" and "excessive training"). Sometimes, footwear does deserve the blame, as in the case of one of Brian's patients, who wore the same pair for nearly a decade.

But far more frequently, the problem isn't the gear, or even how your foot hits the ground (heel strikers are not doomed to injury, as once thought).

Instead, research is pointing to a different culprit, one that many runners tend to overlook: the hips. Experts believe that detecting and correcting weaknesses and imbalances in the hips could be the key to getting you back on the road – and keeping you there.

Brian has a unique perspective: Besides treating runners as a therapist, he's a scientist who oversees the Bio-motion lab at the University of Kentucky.

In a cavernous room on the campus, he and his colleagues stick reflective sensors all over runners' bodies before turning them loose on a split-belt treadmill equipped with force plates and motion sensors.

The scientists hover over nearby computers, which turn the captured data into a three-dimensional model and a series of sophisticated charts and graphs displaying factors like hip rotation, knee flexion and foot eversion.

When Brian first began comparing the gaits of runners with knee pain to those of healthy ones, he expected to see differences in pronation – the inward roll of your foot while you run. Time and again, he couldn't find a clear pattern. "The hip was where everything was goofy," he says.

In a 2013 study published in *Medicine & Science in Sports & Exercise*, his team assessed about 400 healthy women. Fifteen went on to develop runner's knee. And when the researchers looked back, they found those who ended with the injury ran with greater hip adduction – meaning their hips turned towards the centre of their bodies with every stride. If your pelvis drops, your femur will collapse inwards, which puts added pressure on your knee, which will eventually create pain.

> THE PROBLEM ISN'T THE GEAR, OR HOW YOUR FOOT HITS THE GROUND.

Other research has linked similar gait patterns to iliotibial-band syndrome, hamstring strains and – potentially even – stress fractures. Colleen Brough, assistant professor of physical therapy at Columbia University, also sees these patterns in runners who show up at the Running Performance Program at New York University's Langone Medical Centre with hip-flexor strains and tears, Achilles tendinitis and

TEST YOURSELF

IF YOU STRUGGLE WITH THESE MOVES, CONSIDER IT A MANDATE TO DO THE EXERCISES ON PAGES 86-87.



THE STEP-DOWN TEST

Stand in front of a mirror on a block 20cm tall. Step down, letting your heel just touch the ground, then return back up. Do three times on each leg.
■ YOU FAIL IF Your pelvis slants instead of staying level; your knees drift in.



THE LEG-RAISE TEST

Lie with both legs extended out. Put your hands on your hip bones. Lift one leg up about 15cm.
■ YOU FAIL IF Your pelvis rotates instead of staying level; your back arches.



THE GAIT TEST

Ask a friend to video you running towards him or her. Bonus: Download a gait-assessment app such as Ubersense (free) or Dartfish Express (US$6.99 or $9.70) to slow down the footage. Freeze-frame your form when each leg hits the ground.
■ YOU FAIL IF Your pelvis slants rather than stay level; your knees drift inwards. If you have an issue, these flaws will be glaringly obvious.

■ GROOMING **DAX LAI** ■ MODEL **DANIAL C/AVE** ■ SHORTS & SHOES **REEBOK**

calf strains. Essentially, if your hip muscles fail at their main job – to keep your pelvis balance – adjoining muscles like your hamstrings and hip flexors attempt to pick up the slack and steady you. And since they weren't designed to bear this much force, they often crumble under the pressure.

Experts usually blame a lack of strength training for these issues. Prof Brough and Brian say hitting the gym is a smart tactic, especially for those who are healthy and want to stay that way. But for injured runners who have poor running mechanics, targeted strength work is simply a starting point.

After that, Prof Brough says these runners need to work on learning how to activate hip, glute and other core muscles that are likely not firing properly. Doing so will enable them to develop healthier running patterns and find long-term relief.

Prof Brough stresses that runners shouldn't wait until they get hurt to think about their hip and core muscle health. She believes runners can identify and correct small hip-muscle imbalances on their own before they suffer a full-blown injury (see *Test Yourself*). Doing so might not only keep you injury-free – it also may boost your speed.

Jay Johnson, a US-based coach who has had his athletes perform hip-strength and mobility work for years, says those who diligently abide by the programme stay resilient enough to handle harder training and wind up turning out better performances as a result.

"It's the least sexy part of becoming a better runner," he says. "But when you do a bunch of consistent hip-strength training back to back for weeks, days, months and years, that's when you get stronger and run faster."

DIY GAIT RETRAINING

If you've struggled with injuries, it may not be enough to just strengthen your hips. You may need to re-educate them, says physical therapist Colleen Brough. "Running cues teach the correct muscles when and how to fire," she says.

"They also teach overused calves, hamstrings and hip flexors to quiet down. It's called neuromuscular re-education – teaching a new firing pattern." As you start phase 2 of Prof Reed Ferber's strength programme (page 87), do these gait exercises. At some point on your run, pick a pole, tree or other landmark about 100m away and practise one of these drills until you reach that point.

Try again a few more times on that run, but don't worry about doing these for the length of an entire run. And be patient: It can take anywhere from three weeks to three months to make the new movement pattern your natural gait.



THE GLUTE PUSH-OFF

■ **WHY** By focusing on squeezing your butt and then using it to drive you forward, you're teaching your gluteus maximus to fire at just the right moment, harnessing the strength there to propel you.

■ **HOW** Focus on one side at a time. As that side's foot hits the ground, think about relaxing through your stomach, back and hamstring, while squeezing your butt muscles. Once you hit your first landmark, pick another and repeat on the other side.

THE CORE CUE-UP

■ **WHY** Many runners with weak or dysfunctional hip and core muscles overuse their obliques to steady their wobbling pelvis – a job those muscles weren't completely designed to do, and a position that creates tension throughout your trunk and arms. Learning to draw power from your lower abdominals instead keeps your upper body more relaxed, and your pelvis strong and stable.

■ **HOW** Engage your lower abs by gently drawing your navel up and in. Relax once you reach your landmark. Repeat.

THE FORWARD LEAN

■ **WHY** Often, runners tend to sit back as they fatigue – a position that can inhibit your gluteus maximus and put extra strain on your hip flexors and hamstrings. This cue reminds you to stay upright, utilising the strength in your core and glutes properly.

■ **HOW** Try this one near the end of a run, when you're tired. Imagine someone is grabbing your shirt from the front and lifting you up by the chest. Tip your body slightly forward from the ankles on up (don't just bend forward at the hips). Relax once you reach your landmark. Repeat.

WHAT'S GOOD FORM?

Proper hip alignment is achieved when your pelvis stays in a neutral position – meaning it doesn't tip too far forward or back, or too far to the left or right. Think of your pelvis as a bowl filled with water. The goal is to keep that bowl steady, so water doesn't spill from the front, back or either side.

HIPSTER LINGO

A quick anatomy lesson: Weakness or dysfunction in the structures of the hip can contribute to a wide range of running injuries, extending up into your lower back and as far down as your feet.

1/ PELVIC BONES

These anchor your core and upper leg muscles, and should stay relatively level as you run. Often, though, runners' knees drift inwards and the pelvis drops, causing the entire lower leg to rotate out of alignment.

2/ HIP FLEXOR STRAIN

These muscles were designed to bend your hip, not to stabilise the pelvis. But when your glutes don't work properly, they often end up picking up the slack to reduce extra motion in your pelvis.

3/ ITB SYNDROME

A dropped pelvis and knees that rotate inwards tend to strain the iliotibial band, causing pain and irritation.

WEAK GLUTES OFTEN CAUSE THE HAMSTRINGS TO WORK DOUBLE TIME.



4/ RUNNERS' KNEE

Weakness in the hip abductors and external rotators can alter your biomechanics, causing the knee to turn inwards.

5/ PLANTAR FASCIITIS

If your hips are weak, often calf muscles get over-recruited. Under excess strain, they can pull on the thick tissue that runs along the arches of your feet.

6/ LOWER BACK PAIN

The muscles above your hips get overworked trying to keep your pelvis stable if your glutes aren't up to the task.

7/ GLUTEUS MAXIMUS

The strong, multilayered butt muscle absorbs impact and generates force that helps propel you forward.

8/ GLUTEUS MEDIUS

This is a primary stabilising muscle, which is key, given that running is essentially a one-legged balancing act.

9/ HAMSTRING STRAINS

Weak or inactive glutes often cause the hamstrings to work double time, leading to overuse injury.

10/ ACHILLES TENDINITIS

Weak or inactive glutes can cause you to overuse your calf muscles to propel your body, which can strain your Achilles tendons.

QUICK FIXES

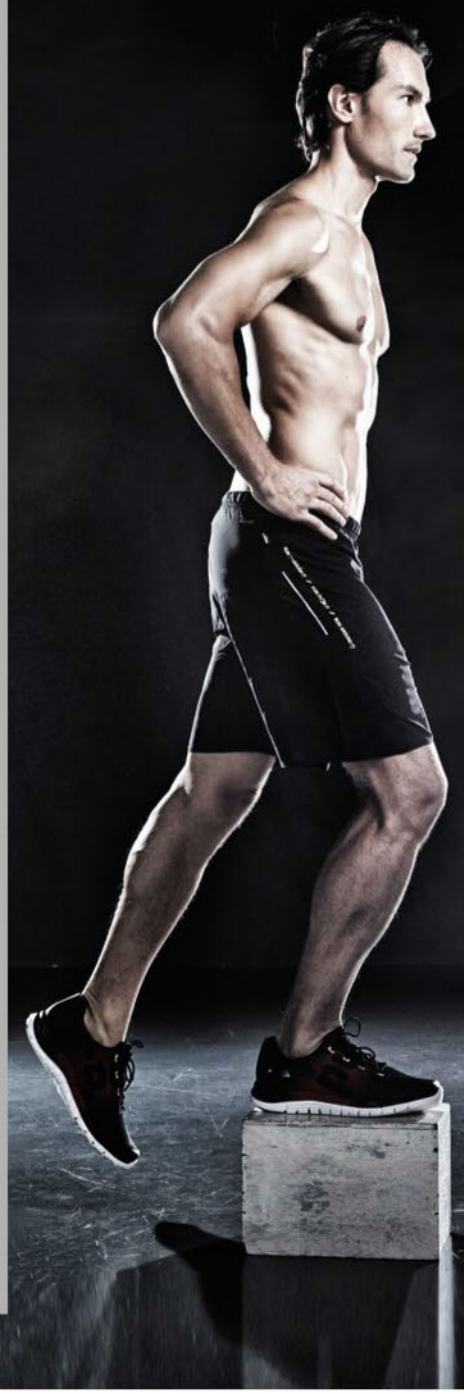
GOT A MINUTE? THAT'S ALL IT TAKES TO HELP YOUR HIPS.

→ **ANYTIME**
Squeeze your glutes and hold that contraction for 10 seconds.

→ **WHEN SITTING**
Don't just plop into your chair – slowly lower, focusing on your butt muscles. Better yet, swop your desk chair for a stability ball or an adjustable or standing desk.

→ **WHILE STANDING**
Reset your posture – breathe deeply to relax your upper abs, engage your lower abs, then lean slightly forward, so you have less weight in your heels and more in the balls of your feet to minimise slouching. Keep your pelvis neutral; don't tilt your hips forward or backwards.

→ **ON STAIRS**
As you climb or descend stairs, focus on squeezing your glutes rather than letting your quads do all the work.



GET STRONG AND HEALTHY

A 4-PHASE ACTION PLAN

When runners call his Running Injury Clinic, it doesn't matter what ails them – an achy hamstring, knee or foot – Reed Ferber, associate professor at the University of Calgary in Canada, prescribes hip-strengthening exercises (phase 1, below). He instructs them to do the moves every day for four weeks, and to call back if they aren't feeling better.

"Often, I don't hear back from them; sometimes, I do get an e-mail of gratitude," he says. "This routine is based on our research. These exercises should be a part of every runner's injury prevention and rehabilitation protocol."

Prof Ferber's full plan contains four phases. Do each phase for four weeks before moving on. Once you work your way through all the phases, do phase 4 twice a week for maintenance. If you take a break from running or strengthening, start over with phase 1. Do these moves either after you run or hours before you run. Start with a light to medium band. As you gain strength, you can take a half-step away from the band's anchor or try a heavier band. It's okay to start phase 1 and 2 touching a wall. But you should be able to do the exercises freestanding before moving to phase 3.

HOW MANY, HOW OFTEN?

For best results, do the exercises every day. On your first day of each phase, do 1 set of 10 reps. On your second and third days, do 2 sets of 10 reps. Beginning on the fourth day, do 3 sets of 10 reps.

▶ PHASE 1 (WEEK 1-4)



1. HIP ABDUCTOR STRENGTHENER

Secure a resistance band to a stable object. Stand with your left side facing the band's anchor. Place your right ankle in the band. Move your right leg out to your side while keeping your knee straight. Raise your leg out to a count of two, and lower it to a count of two, keeping your movement slow and controlled. Repeat on the other leg.

■ **WATCH OUT FOR** Keep your upper body still. If you're leaning, you're cheating.



2. HIP FLEXOR STRENGTHENER

Secure a resistance band to a stable object. Stand facing away from the band's anchor, with the band around your left ankle. Lift your left leg out while keeping the knee straight. Raise your leg to a count of two, and lower it to a count of two, keeping your movement slow and controlled. Repeat on the other leg.

WHAT'S YOUR RISK?

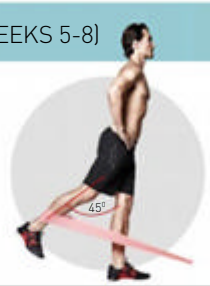
RUNNERS OF ALL SHAPES, SIZES AND SPEEDS CAN HAVE WEAK OR INACTIVE HIPS AND GLUTES, SAYS NEW YORK CITY PHYSICAL THERAPIST COLLEEN BROUGH. YOUR ODDS OF INCURRING INJURIES TEND TO BE HIGHER IF YOU:

WORK AT A DESK
Sitting in a chair all day can deactivate glutes and tighten hip flexors and hamstrings, throwing your stride off balance.

HAVE BEEN HURT BEFORE
Past injuries – ankle sprains, for example – are linked to inactive glutes, possibly because you've altered your gait to compensate. The resulting dysfunctions can cause a new set of issues.

PLAN TO INCREASE YOUR SPEED OR MILEAGE SOON
Gait errors that don't hurt you if you're happy at 24km a week may turn into an injury when you bump it to 50 or start doing more challenging workouts.

▶ PHASE 2 (WEEKS 5-8)



1. GLUTEUS MEDIUS STRENGTHENER

Secure a resistance band to a stable object. Stand facing the band's anchor, with the band around your right ankle. Move your right leg back and slightly out to a 45-degree angle while keeping your knee straight. Extend your leg to a count of two, and lower it to a count of two. Repeat on the other leg.

■ **WATCH OUT FOR** If you're moving at the correct angle, you'll feel a burn on the outside of your glute, indicating you're working your gluteus medius.



2. HIP EXTENSION

Secure a resistance band to a stable object. Stand facing the band's anchor, with the band around your right ankle. Move your right leg back directly behind you while keeping your knee straight. Extend your leg to a count of two, and lower it to a count of two, keeping your movement slow and controlled. Repeat on the other leg.

■ **WATCH OUT FOR** You should feel a burn more towards the middle of your glute.

▶ PHASE 3 (WEEKS 9-12)



1. TWO-LEGGED BALANCE

Stand on an unstable surface, such as an Airex Balance pad or a pillow, with both feet. Balance for 30 seconds, and repeat three times. To make it easier, lightly touch a wall to help with balance. To make it harder, close your eyes.



2. STEP-UP

Stand with your left foot on a box. Step up with your right foot and then lower your right foot back down. Move up to a count of two, and lower back down to a count of two. Repeat on the other leg.

■ **WATCH OUT FOR** Make sure your front knee stays above your foot and doesn't extend past your toes.



3. LUNGE

Stand with feet staggered, your right foot forward. Squat down so that your left knee is lowered towards, but not touching, the floor. Lower down to a count of two, and rise back up to a count of two. Repeat on the other leg.

■ **WATCH OUT FOR** Make sure your front knee doesn't extend past your toes.



4. ONE-LEGGED SQUAT

Balance on your right foot. Bend your right knee and squat down slightly. Move down to a count of two and back up to a count of two. Repeat on the other leg.

■ **WATCH OUT FOR** Keep your hips level – don't let one side dip.

▶ PHASE 4 (WEEKS 13-16)



1. ONE-LEGGED BALANCE

Stand on one leg on an unstable surface, such as an Airex Balance pad or a pillow. Balance for 30 seconds, and repeat three times. Then balance on your other foot. To make it easier, lightly touch a wall. To make it harder, close your eyes.



2. SIDE PLANK

Lie on your left side, supporting your weight on your left forearm. Form a straight line with your body so your head, hips and ankles are aligned. Maintaining that line, lift your hips off the floor and hold for 10 to 30 seconds. Repeat on the other side.



3. BRIDGE

Lie on your back with your knees bent, arms out and palms down. Draw your belly button in, and lift your hips up by pressing your feet into the ground. Contract your core, your glutes and then your hamstrings in this position. Hold for three to five seconds.

■ **WATCH OUT FOR** Keep your hips level – don't let one side dip – while raised.

FROM THE FUTURE

FITNESS GADGETS THAT DO MORE THAN COUNT KILOMETRES, AND MAY ACTUALLY CHANGE THE WAY YOU RUN.

TEXT **KENNETH WEE**



1/FITBARK

If you own a dog, which motivates you to get off the couch, this fitness tracker takes things a step farther. It's a tiny, lightweight device that clips on to your canine's collar, and helps you track the activity and rest patterns of your pet. It syncs to your smartphone via Bluetooth, and you'll get up to two weeks of battery life from a single charge. The app that crunches this data has been designed in consultation with vets, and provides activity goals for Fido based on age, weight and what's considered healthy for the particular breed.

US$99.95 ($135), www.fitbark.com

2/SOLEUS RISE

This activity tracker sports an internal memory capable of storing up to 10 runs worth of data, so there's no need to sync it with your smartphone before every run. You know the drill: It will track distance travelled, steps taken, calories burned and sleep quality – and can also vibrate to wake you up in the morning, or let you know when you should be headed for bed at night. Information is displayed on the Oled display, which includes notifications for incoming calls and texts when the device is synced with the smartphone app via Bluetooth.

$127.33, www.crystaltime.com.sg

3/SENSORIA FITNESS SOCKS

Yep, smart socks. There are sensors – under the balls of your feet and underneath the heels – to measure the impact of running on your soles. The data is sent to a lightweight anklet device that attaches magnetically to each sock. When connected to your smartphone via Bluetooth, the Sensoria app displays in real time a heat map of where pressure is placed on your foot. It tracks foot contact time, cadence, steps taken, stride length and speed. Plug in earphones and an in-app coach gives you audio feedback.

US$199 ($269), www.sensoriafitness.com

4/PARROT ZIK SPORT

While it's still at the prototype stage, Parrot expects to have the Zik Sport on your heads by this year. The company's first in-ear headset tracks your running performance, including heart rate, step counts, stride frequency, vertical oscillation, cadence and how much pressure you put on each foot as you're running. It connects to your smartphone via Bluetooth, and the data is displayed in its own dedicated app that also lets you adjust noise cancellation and sound effects. Only problem is there will probably be gaps in the data each time you remove the headphones.

TBC, www.parrot.com


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IT'S A BIG WORLD. GO RUN IT.
ASICS.COM/GO RUN IT

DRINK UP!

WHAT YOU SIP WILL MAKE OR BREAK YOUR RUN. NUTRITION AND FITNESS EXPERT DR LIZ APPLEGATE REVEALS YOUR BEST BEVERAGE OPTIONS.

ART DIRECTION **PAULINE TAN** | PHOTOGRAPHY **JASPER YU**



TEA OR COFFEE

Aside from providing a performance-boosting caffeine jolt, both drinks are rich in antioxidants. Studies show that tea drinkers have a lower BMI, waist size and body fat percentage than those who don't drink it. Regular coffee consumption may stave off diabetes, heart disease and even Alzheimer's.

▶ **BEST WHEN** Drink a cup of tea or coffee 45 minutes before a run for an energising boost.

WATER OR SPORTS DRINK

Pure, simple and calorie-free, water should be your go-to choice for hydration. But when you're running long and feeling drained, sports drinks are ideal. They contain electrolytes and carbs that facilitate water absorption, and help prevent fatigue. The added sodium helps your body hold onto fluid and prompts you to drink.

▶ **BEST WHEN** Water is great anytime. But for runs that are 60 minutes or longer, consider swishing a sports drink.

CHOCOLATE MILK OR WINE (OR BEER)!

Okay, maybe alcohol shouldn't top the list, but wine and beer do supply beneficial phytonutrients. Save the post-race toast for after you've recovered, and opt for chocolate milk instead. It has a nutrient mix that leads to better muscle-protein production than carb-only drinks.

▶ **BEST WHEN** Mix up choco milk after long runs or speedwork. Stick to (at most) one or two alcoholic drinks per day.

TART CHERRY JUICE OR BEET JUICE

Tart cherry juice packs antioxidants that reduce inflammation and improve recovery. Drinking beet juice pre-run can increase nitric oxide production and improve blood flow, allowing muscles to perform more efficiently.

▶ **BEST WHEN** Drink either juice once or twice a day during periods of hard training, or try two cups of beet juice 90 minutes before an intense run.

COCONUT WATER OR MAPLE WATER

Trendy coconut water has slightly fewer carbs than sports drinks. Maple water is less known. It's mildly sweet, with just 15 calories per 240ml serving. To make maple water, combine 3½ cups of cold water, ¼ cup of orange juice, ¼ cup of pure maple syrup, 2 tablespoons of lime juice and ⅛ teaspoon of salt. Mix thoroughly.

▶ **BEST WHEN** Refuel with coconut water post-run. Try maple water on shorter runs.

FACT

20

THE AVERAGE PERCENTAGE OF FLUIDS YOU CONSUME FROM FOOD. CUCUMBERS, FOR INSTANCE, ARE 97 PER CENT WATER. APPLES, 86.

EKIDEN

SINGAPORE 2015

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RUN WITH COVER!

STAY PROTECTED FROM HARMFUL UV RAYS WHEN RUNNING OUTDOORS WITH THESE SKIN SAVERS.

ART DIRECTION & DIGITAL IMAGING **PAULINE TAN**
PHOTOGRAPHY (PRODUCTS) **JASPER YU**
PHOTO (MAIN) **JIM HUGHES/CORBIS**



Ultraviolet rays can accelerate skin ageing or, worse, induce the growth of cancerous cells. While there's no data showing that runners get skin cancer more than anyone else, simple cause and effect demonstrates how pavement pounders can be at greater risk.

"Someone who runs in the sun four to six times a week, in a lifetime of cumulative UV exposure, has a very significant risk for skin ageing, pre-cancers and cancer," warns dermatologist Dr Rodney Basler.

Add in the fact that singlets and shorts provide about as much coverage as a Miley Cyrus wardrobe, and you have a compelling reason to stay protected. Fortunately, these sun protection products are here to help.

PRE-RUN **"SPF 15 is roughly equivalent to an hour's protection under the sun," says Dr Dominique Moyal, a photoprotection expert at L'Oreal Research & Innovation. But even if you're only out there for an hour, you'll need more than SPF 15, which blocks only 93 per cent of the sun's harmful UVB rays, compared to 97 and 98 per cent for SPF 30 and SPF 50 products respectively.**



FACE

BIODERMA PHOTODERM MAX DRY TOUCH SPF 50 + UVA 36

This ultralight water-resistant sunscreen is non-oily and leaves zero trace on your mug on application. Not only that, it's armed with an innovative patent that claims to stimulate skin's natural self-defence systems, and protects "99.8 per cent of cellular DNA".

■ **HOW MUCH** ***$44.90, available at selected Guardian outlets***



EYES

DERMALOGICA TOTAL EYE CARE SPF 15

Layer additional UV protection for your peepers with this lightweight cream. On top of broad-spectrum SPF 15 cover, it also smoothens the eye contour area with alpha hydroxy acids and plant extracts, helping to reduce the appearance of puffiness and fine lines.

■ **HOW MUCH** ***$95, available at Asterspring Origin of Beauty Centres and Dermalogica authorised skin treatment centres***



BODY

NIVEA SUN PROTECT AND REFRESH SUN LOTION 30

By providing a cooling effect on your dermis, this broad-spectrum sunblock should give you extra motivation to head out for a daytime run. It's also water-resistant, so you can sweat away without worry. (Follow this rule of thumb by Dr Moyal: Lather at least two shot glasses worth of sunscreen on your body for adequate protection.)

■ **HOW MUCH** ***$16.30, available at Guardian and Watsons***

POST-RUN



FACE & BODY

CETAPHIL DAYLONG AFTER SUN REPAIR

Apply this hypoallergenic, paraben-free lotion after freshening up post-run to maintain healthy, youthful-looking skin. It boasts an enzyme that supports the repair mechanism of skin cells. Meanwhile, the dermis is rehydrated with glycerine, panthenol and vitamin E.

■ **HOW MUCH** ***$32.90, available at Guardian and Watsons***

LIGHT JUST GOT LIGHTER.

LET'S MAKE EXCELLENT HAPPEN.



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★ ★ ★ ★ ★ ★

GUIDE TO RUNNING 2015
SHOE REVIEW

STRIDE AND TRUE

THE RIGHT PAIR OF SHOES CAN HELP YOU RUN FASTER AND STAY PAIN-FREE. FIND YOURS WITH OUR ROAD- AND TRAIL-TESTED REVIEWS OF THE LATEST TREADS.

TEXT **KYLE LEUNG**
ART DIRECTION & DIGITAL IMAGING **ASHRUDDIN SANI**
PHOTOGRAPHY(RUNNING SHOES) **ZAPHS ZHANG,**
PHOTO(ENGINE) **COLIN ANDERSON/CORBIS**

It doesn't matter if you're a once-in-a-while around-the-block guy or a racer who logs 50km a week and keeps pacing notes – you need the right pair of shoes to suit your running habits. Otherwise, pain and injury may result. As many as 79 per cent of distance runners have sustained a lower-extremity injury, a Dutch review reveals. "Most injuries are caused by faults in foot and leg strength, imbalances and movement problems," says Jonathan Beverly, shoe editor at *Runner's World* magazine. "But running in the wrong shoe can also cause problems."

Canadian research indicates that the right shoe can help you run with less effort. People who ran in footwear they deemed comfortable consumed up to 2 per cent less oxygen, increasing their running economy as a result.

To find the perfect pair, flip the page. You'll see shoes at both ends of the spectrum: light, flexible minimalist shoes featuring thin midsoles and a barefoot feel, which are ideal for efficient runners and guys working on form, speed and foot-strengthening drills; plush, stable maximalist cruisers that are best for heavier, injury-prone guys; as well as a handful of kicks that promise to combine the best of both worlds.

Each shoe is tested for flexibility, cushioning and stability. Then our team of road (and trail) runners put the treads through real-world paces to identify their pros and cons.

Once you've read our reviews and identified a candidate, head to the store and try them on. Pick the shoe that fits best, and then begin your warm-up...



The modern runner knows that getting the right equipment is key to going the distance.

ROAD WARRIORS

BE IT SHORT OR LONG, FAST OR SLOW, EVERY SESSION OF ASPHALT POUNDING HAS A SHOE TO MATCH.



HEEL CUSHIONING
FIRM — SOFT
FOREFOOT CUSHIONING
FIRM — SOFT
FLEXIBILITY
LESS — MORE

96/100

ASICS GEL-NIMBUS 17 $239

NEUTRAL CUSHIONED, 10MM DROP, 23MM HEEL HEIGHT / 318G

This shoe impressed from the get-go. It gave an incredibly secure wraparound fit, and was very nimble in our sprint tests despite substantial cushioning. In particular, our tester remarked that his forward momentum was greatly aided by the springiness of the sole, which provided a "surprising" amount of ground feedback and "buttery smooth" heel-to-toe transition, while being very kind on the joints. Best of all, the footwear's combined attributes prevented fatigue from setting in on longer runs. Our tester reckoned it's the running shoe equivalent of driving a Mercedes-Benz.

VERDICT An all-round performer for the road for any distance.

ADIDAS ULTRA BOOST $289

NEUTRAL CUSHIONED, 10.1MM DROP, 33.1MM HEEL HEIGHT / 315G

Improving upon an already ultra-bouncy Boost midsole foam, the Ultra Boost is designed to take energy return to stratospheric levels. This shoe provided plenty of responsive cushioning with moderate ground feedback, performing best at speeds of 6 minutes per kilometre where the forward roll was at its smoothest. Our tester found that, at higher speeds however, lateral stability may be compromised despite the presence of sturdy heel counters and a support bridge in the midsole.

VERDICT A performance booster for slow- and moderate-paced runners.

77/100



HEEL CUSHIONING
FIRM — SOFT
FOREFOOT CUSHIONING
FIRM — SOFT
FLEXIBILITY
LESS — MORE

ASICS GEL-DS TRAINER 20 $199

OVERPRONATOR CUSHIONED, 10MM DROP, 20.5MM HEEL HEIGHT / 248G

Significantly lighter (28g) than its predecessor, the DS Trainer feels faster and is more reminiscent of a racing flat. The shoe accelerates magnificently, thanks to the springiness of the lightweight midsole, while pronation control is achieved thanks to stabilising elements in the midfoot area that provided a great deal of security for our tester's flat foot. Meanwhile, the upper provides a snug fit, but better ventilation – and flat laces instead of less-secure oval ones – would have given this footwear full marks.

VERDICT The perfect shoe for high-intensity interval runs.

92/100



HEEL CUSHIONING
FIRM — SOFT
FOREFOOT CUSHIONING
FIRM — SOFT
FLEXIBILITY
LESS — MORE

ASICS 33-DFA $149

NEUTRAL RACING, 4MM DROP, 14MM HEEL HEIGHT / 243G

DIGITAL EXTRA!

VIDEO *Our tester shares more about the 33-DFA in our digital edition.*

Most outstanding about this racer was how it was able to make midfoot striking easier for our tester. He also liked how the midfoot saddle is incorporated into the lacing system, which helped hold the foot in place when cornering at medium to high speeds, or when braking. The supporting element extends to the heel, allowing for a greater degree of support for the back half of the foot. Despite its racing credentials, it also manages to squeeze in an adequate amount of cushioning to delay fatigue.

VERDICT A reliable speed merchant for fast runners up to 20km.



HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE



PUMA IGNITE $189

NEUTRAL CUSHIONED, 11.8MM DROP, 31.5MM HEEL HEIGHT / 272G

Puma's new midsole material, a blend of two different foams, is light and responsive. Our tester also noted a moderately springy lift off and the shoe's ability to achieve good energy transfer from landing to toe-off. Plus, the additional dampening material at the heel did well in attenuating shocks from heel strikes. The perforated upper also wicks away sweat efficiently. On the road, the shoe's initial promise translated to minor improvements in our tester's 2.4km timings.

VERDICT A competent and reliable shoe for recreational runners.



HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

ECCO BIOM C $449

NEUTRAL CUSHIONED, 14.4MM DROP, 36.4MM HEEL HEIGHT / 363G

Clad in breathable yak leather and boasting a thick heel height, this shoe carries plenty of heft. Fortunately, it did not feel overly clunky. It was comfortable on jogs and recovery runs, but sluggish on faster tempo runs and sprints. For a high-slung shoe, the ample cushioning was surprisingly on the firm side. As a result, our tester reported very good ground feedback. There was, however, a lack of efficiency in energy transfer from landing to toe-off.

VERDICT A rare breed of shoe with a firm yet thick sole. Ideal for high BMI runners seeking good ground feedback on easy runs.



HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

DIGITAL EXTRA!

VIDEO *Our tester shares more about the Hitogami 2 in our digital edition.*



MIZUNO WAVE HITOGAMI 2 $169

NEUTRAL RACING, 9MM DROP, 19MM HEEL HEIGHT / 221G

Although the second iteration of the Wave Hitogami sits higher and feels slightly heavier than its predecessor (just 6g, to be exact), our tester argued that the changes actually made for a better shoe. The thicker cushioning was kinder to the foot. Toe-off was pleasantly smooth and springy, as the flexible forefoot area offered just enough bounce and resistance. The company's signature Wave plate provided a light and firm base that our tester noted to be essential for fast strides. It also offered good lateral stability.

VERDICT Perfect for speedwork, middle-distance races and gym training.



HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

SMALL CHANGES, BIG REWARDS

Skipping strength training can hurt you – literally. "Strengthening lower body and core muscles lets you handle up to four times your body weight with each foot strike," says certified running coach Jasmine Graham. "A stronger runner is not only less injury prone, he's also more efficient and potentially faster." The best moves are planks, reverse lunges and squats. Do one plank until failure every day. For reverse lunges and squats, do 8 reps for each leg, 5 sets, at least twice a week.

MIZUNO WAVE PROPHECY 4 $329

NEUTRAL CUSHIONED, 12MM DROP, 33MM HEEL HEIGHT / 348G

The highlight of this cushioned footwear is its full-length cushioning system, which consists of supportive struts and a firm underfoot plastic plate. Our tester was impressed with the shoe's comfort. He remarked that the cushioning struck a good balance between stiffness and flexibility, which lessened the impact for heel strikers, while maintaining a snappy toe-off. The plate offered maximal protection for joints, while the shoe's all-round snug fit enforced stability up to moderate speeds.

VERDICT Higher BMI and injury-prone runners who land with a heavy heel strike will find this shoe a worthwhile investment.

84/100



HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

PUMA FAAS 500V4 $169

NEUTRAL RACING, 5.6MM DROP, 26.6MM HEEL HEIGHT / 249G

Extremely fitting and comfortable were our tester's first impressions on pulling this tread on. Indeed, the upper proved to be one of the eventual highlights of a light and swift shoe. It provided a wraparound fit with no hotspots, breathed superbly, and contributed to overall stability with every stride. Energy transfer and ground feedback were both excellent, although forefoot lift-off was slightly sluggish.

VERDICT For runners who want both support and midfoot-striking assistance in a light, fast and comfy package. Not for heel strikers.

81/100



HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

NEW BALANCE 3190V2 $139

NEUTRAL CUSHIONED, 12MM DROP / 257G

At 257g, this trainer is extremely light and springy for a traditionally styled running shoe, with a high heel-to-toe drop and substantial cushioning. On the road, it only found form at a pace of over 6 minutes per kilometre. Otherwise, it felt slightly awkward to run in, possibly because of the 12mm drop, said our tester. Nevertheless, the heel-to-toe differential helped with achieving a midfoot strike. Fit-wise, the shoe runs slightly wider than usual at the toe box.

VERDICT A good choice for high BMI runners who want to run at a faster pace over shorter distances.

76/100



HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

NEW BALANCE 890V5 $179

NEUTRAL CUSHIONED,
8MM DROP / 249G

DIGITAL EXTRA!

VIDEO *Our tester shares more about the 890V5 in our digital edition.*

Designed to provide greater responsiveness on top of ample cushioning, the latest iteration of New Balance's 890 series promises spring-loaded runs and delivers. The shoe shone when our tester put it through its paces. He found the ride swift, stable around corners, and springy. And he noted how lightweight and comfortable it was, which was especially welcomed over long-distances. While it's meant to be a cushioning shoe, this kick feels like a lightweight trainer and won't hinder your performance during short and fast runs.

VERDICT Great for long-distance runs, and puts the excitement into leisure running.



HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

REEBOK ZQUICK DASH CITY $139

NEUTRAL RACING / 266G

Weighing in at almost 50g heavier than its predecessor, the Zquick, this racer was expected to give more protection for the foot. However, our tester noted a lack of support (in both the midfoot and heel sections) for a shoe in this weight category. Ground feedback, heel-to-toe transition and lift-off springiness were rated as average. The saving grace was a comfortable upper that breathes well. Note that the shoe fits larger than size. So pick half a size smaller for a better fit.

VERDICT Best for easy runs on the track or in the park.



HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

SAUCONY TRIUMPH ISO $199

NEUTRAL CUSHIONED,
8MM DROP, 29MM HEEL HEIGHT / 292G

This footwear is a mixed bag. For the most part, it performs admirably. The cushioning affords efficient energy transfer through the entire gait cycle, and the fit is secure (in part down to laces that never came untied). However, the shoe's interior proved to be a stuffy affair for our tester's foot. He also noted that the midsole felt heavier at the heel section than in front, which was something that needed getting used to.

VERDICT A well-fitting kick that's best for night runs at low to moderate pace.



HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

SMALL CHANGES, BIG REWARDS

▶ Finish every training run with "strides" – four or five fast repeats of, say, 100m each. Not only is this a great way to strengthen your fast-twitch muscles, it will also fine-tune your form, says Greg McMillan, an exercise physiologist and certified running coach. "With each repeat, alter how you move your legs, arms or body position," he instructs. "See what happens with each alteration. Do you get faster with the same effort? Slower? Play with your technique until you hit upon the form that results in the most speed with the least effort." Eventually, your body will adopt it as your natural "fast-running" form.

REEBOK ONE CUSHION 2.0 $169

NEUTRAL CUSHIONED, 14.3MM DROP, 34.1MM HEEL HEIGHT / 281G

The high heel-to-toe drop of this cushioned tread might have seemed odd at first to our tester, but it eventually came across as part of a very well-realised overall design. On the road, the ride was on the firm and springy side, whereas heel cushioning and support were top class. As a result, the shoe felt very energy-efficient on both short sprints and longer, slower-paced runs. Another plus: The meshed upper gave a very good fit after some breaking in and was able to wick away sweat speedily.

■ **VERDICT** A nimble shoe with enough cushioning and drop for novice runners.

80/100



HEEL CUSHIONING
FIRM — SOFT
FOREFOOT CUSHIONING
FIRM — SOFT
FLEXIBILITY
LESS — MORE

SKECHERS GORUN 4 $179

NEUTRAL RACING, 4MM DROP, 18MM HEEL HEIGHT / 224G

Slightly heavier than its predecessor, the Gorun 3, this shoe's midsole foam excels in shock absorption, but could do with more springiness in toeing off. In further tests, it struggled when rounding corners at speed, as doing so caused our tester's heel to slide over the foam. So, reserve this racer for the track or park routes without abrupt bends, where it performs consistently even over longer distances. The generous toebox suits those with wider feet.

■ **VERDICT** A good-fitting, well-ventilated kick to cover the length of East Coast Park.

75/100



HEEL CUSHIONING
FIRM — SOFT
FOREFOOT CUSHIONING
FIRM — SOFT
FLEXIBILITY
LESS — MORE

SKECHERS GORUN RIDE 4 $169

NEUTRAL CUSHIONED, 4MM DROP, 17.5MM HEEL HEIGHT / 241G

With a plethora of design updates over its predecessor, this shoe is clearly looking to move up the ladder in terms of both design and performance. And for our tester, the tread indeed ticked most boxes. Most significantly, the upper has shed a serious load of bulk and gave a sock-like fit. Ride-wise, it was a good transition between plushness on landing and springiness on toeing-off. The only gripe is lateral stability – the shoe doesn't feel very confident rounding corners.

■ **VERDICT** A transition footwear for runners who wish switch to a more minimal tread.

81/100



HEEL CUSHIONING
FIRM — SOFT
FOREFOOT CUSHIONING
FIRM — SOFT
FLEXIBILITY
LESS — MORE

SMALL CHANGES, BIG REWARDS

▶ **If you're eating a light breakfast and a heavier dinner, your afternoon runs may be suffering. "I call that 'eating backwards,'" says Nancy Clark, director of nutrition services at Sports Medicine Associates and author of *Nancy Clark's Sports Nutrition Guidebook*. "It's better to front-load the calories, so you eat a larger breakfast and lunch, run with a well-fueled body and then eat less – and sleep better – at night." An hour or two before running, avoid fruits and vegetables containing slow-digesting fibre. Your best bet? A banana.**

SMALL CHANGES, BIG REWARDS

A study published in the *Scandinavian Journal of Medicine & Sports* found that cross-training and using more than one type of running shoe may reduce injury risk. The researchers tracked 264 recreational runners for 22 weeks by having them log their running sessions, the shoes they wore, and their participation in other sports. Runners who had alternated between two or more different pairs of trainers, those who had run further per session, and those who had taken part in more non-running sporting activities were less likely to suffer injuries.



UNDER ARMOUR SPEEDFORM APOLLO VENT $169

NEUTRAL RACING, 8MM DROP, 25MM HEEL HEIGHT / 181G

Boasting an all-new meshed upper, the Apollo Vent promises to be a significant upgrade to last year's Apollo. Our tester noticed, first of all, a much better sock-like fit that enforces stability even during sprints. The shoe also felt incredibly swift. He also noticed more cushioning than present in a conventional minimalist footwear, which means some ground feedback is traded for shock absorption. But this is a good thing if you're not a seasoned mid or forefoot striker and you need some assurance.

VERDICT A minimalist shoe that scores high on comfort and is forgiving to occasional heel strikes.

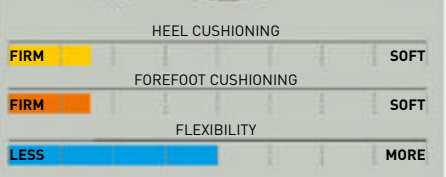
UNDER ARMOUR MICRO G DECEPTION XT $159

NEUTRAL CROSS-TRAINING, 6MM DROP / 289G

In creating a shoe for both running and gym workouts, Under Armour has one that prioritises stability. This is good news for the injury-prone and high-BMI folks. After a little breaking in, our tester reported no problems at all turning corners, illustrating its strength. There's also plenty of cushioning for heel strikers. However, its chunkiness and thick upper mean that hot-weather sprints isn't something you'd want to wear this for.

VERDICT The perfect gym companion, especially for heavier or more injury-prone lads.





VIBRAM FIVEFINGERS KMD EVO $TBC

BAREFOOT, 0MM DROP, 9.8MM HEEL HEIGHT / 209G

Designed as much for parkour as it is for running, this barefoot kick features a Vibram sole that seeks to maximise flexibility and traction. Instead, our tester never felt like slipping, even on wet and muddy pavements, in part thanks to the shoe's excellent true-to-size fit that boasts enough stretch to accommodate runners with wider feet. Although the 9.8mm sole is thick enough to shield the foot from debris, landing on your heel remains a no-no.

VERDICT A well-designed shoe for seasoned barefoot runners and gym-class enthusiasts alike.





TRAIL BUDDIES

CONFIDENTLY HEAD OFF-ROAD IN WET AND DRY CONDITIONS WITH THESE ABLE KICKS.



HEEL CUSHIONING
FIRM — SOFT
FOREFOOT CUSHIONING
FIRM — SOFT
FLEXIBILITY
LESS — MORE

75/100

MERRELL CAPRA SPORT GORE-TEX $239

NEUTRAL, 3.5MM LUG DEPTH / 340G

With a stiff chassis and waterproof Gore-tex exterior, this shoe speaks tough and trail-ready. Its bulk, our tester noted, is well distributed. That's followed up with a comfortable, secure fit that makes the tread feel swifter than others in its weight class. The Vibram outsole, meanwhile, offered superb traction on muddy terrain, as well as complementing the midsole in giving a cushioned ride with adequately springy and responsive ground feedback. A tip: Swop the fiddly laces for a no-tie option.

■ **VERDICT** An all-weather trail shoe ideal for runners needing greater ankle support on technical trails.

MERRELL ALL OUT BLAZE AERO SPORT $159

NEUTRAL, 5MM LUG DEPTH / 300G

Our tester praised this low-profile sneaker for its meshed upper and lacing system, which combines to give a glove-like fit. Moreover, the bellows tongue managed to keep out debris on trails. All-round stability at high speeds, however, could be improved. The shoe also felt clunky, and the bulky sole came at the expense of ground feedback. There's also a lack of protection against hard objects at the toe area.

■ **VERDICT** Good for slow- to moderate-paced trail runners. Recommended for non-technical trails.

65/100



HEEL CUSHIONING
FIRM — SOFT
FOREFOOT CUSHIONING
FIRM — SOFT
FLEXIBILITY
LESS — MORE

NEW BALANCE MINIMUS 10V3 TRAIL $159

NEUTRAL MINIMALIST, 4MM DROP / 175G

The third iteration of the ultralight Minimus series of trail shoes carries lugs that protrude more. Our tester noted adequate traction on sandy terrain, but the low ride means the shoe still isn't one for muddy and wet trails. On dry ground, he revelled in its crystal-clear ground feedback and very snappy push-off. Also of note: The footwear's midfoot was tighter than its other parts, which boosted stability without any significant discomfort. The toe guard gave adequate protection against loose rocks.

■ **VERDICT** For runners familiar with running in minimalist shoes and who generally stick to dry trails.

80/100



HEEL CUSHIONING
FIRM — SOFT
FOREFOOT CUSHIONING
FIRM — SOFT
FLEXIBILITY
LESS — MORE

THE NORTH FACE ULTRA CARDIAC $186

NEUTRAL ROAD-TRAIL, 8MM DROP, 16MM HEEL HEIGHT / 274G

Swift and sure on both road and trail, this low-slung trainer gave our tester plenty of thrills on packed soil and loose earth alike. Much of this is down to what's underfoot: The single density midsole gave good ground feedback, while the Vibram outsole is grippy but never clingy. The amount of cushioning is also spot-on. The only concern was with the tight, non-stretchy (and also non-water-resistant) upper. Together with the laces, a comfortable fit took some adjusting to obtain.

■ **VERDICT** A lightweight road-trail shoe that offers a superb balance between ground feel and cushioning.



HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE



THE NORTH FACE ULTRA EQUITY $196

OVERPRONATOR ROAD-TRAIL, 10MM DROP, 24MM HEEL HEIGHT / 300G

Made for trail runners with low-arched feet, this road-trail trainer features a heel cradle and firm-density medial post to control pronation and encourage proper stride alignment. It also felt lightning-fast, and managed to offer a very good feel of the ground while retaining all-round stability, our tester reported. However, toe-off could be springier, and the lack of water-resistance dampened enthusiasm for this footwear slightly.

■ **VERDICT** Overpronators can now hit the trails with confidence in this kick.



HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

SALOMON SENSE PRO $239

NEUTRAL ROAD-TRAIL, 5MM DROP, 22MM HEEL HEIGHT / 260G

This is a lithe racer designed to keep you close to the trail while fending off the elements with a full-length rock plate in the midsole, solid toe cap and rugged upper. Our tester praised the shoe's ability to handle most technical trails. But for a road-trail footwear, the lugs were too prominent for the pavement. The fit was superb, with just the amount of wriggle room in the toe box. Expect less feel of the ground owing to the shoe's fortress-like build.

■ **VERDICT** With supreme traction, this is a star on wet trails.



HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE



VIBRAM FIVEFINGERS TREK ASCENT SYNTHETIC $179

BAREFOOT, 0MM DROP, 8MM HEEL HEIGHT / 180G

This barefoot model delivers superior traction on both wet and dry terrains, but does not attenuate impact well when up against uneven ground or loose debris. In tests, our wearer experienced a faster rate of fatigue in the midfoot, indicating that more support is needed there. This implies that this footwear may be better for speedwork than long-distance jaunts. As it stands, the heel could also be snugger.

■ **VERDICT** For mid and forefoot strikers, it's a shoe to consider for speedwork on non-technical trails.



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FOREFOOT CUSHIONING
FIRM — SOFT

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LESS — MORE

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Personal TRAINER



106 BREAKTHROUGH

STAND OUT FROM THE CROWD

SOME MOVES ARE MADE FOR SHOWING OFF, AND THE HANDSTAND PRESS-UP IS THE FLASHIEST OF ALL. DID WE MENTION YOU'LL ALSO GAIN A STRONGER UPPER BODY?

108 FITNESS

GET INTO FIGHTING SHAPE

BOXING LEGEND FLOYD MAYWEATHER AND TOP TRAINERS REVEAL THE FITNESS DECISIONS THAT CAN HELP YOU RULE THE RING.

102 MUSCLE

V-SHAPE SHREDDER

CHISEL YOUR UPPER BODY AND PACK ON MUSCLE ALL OVER. IT TAKES JUST 30 MINUTES!

112 FITNESS

ZERO-EFFORT FAT LOSS

BURN THOSE LAST KILOS BY MAKING WEIGHT LOSS A HABIT. THESE HOME TRICKS WILL ENSURE YOUR METABOLISM NEVER HAS ANY DOWNTIME.

113 WEIGHT LOSS

WRITING OFF FAT

Being steadfast with numbers helped accountant Jonathan Sim regain a healthy figure.

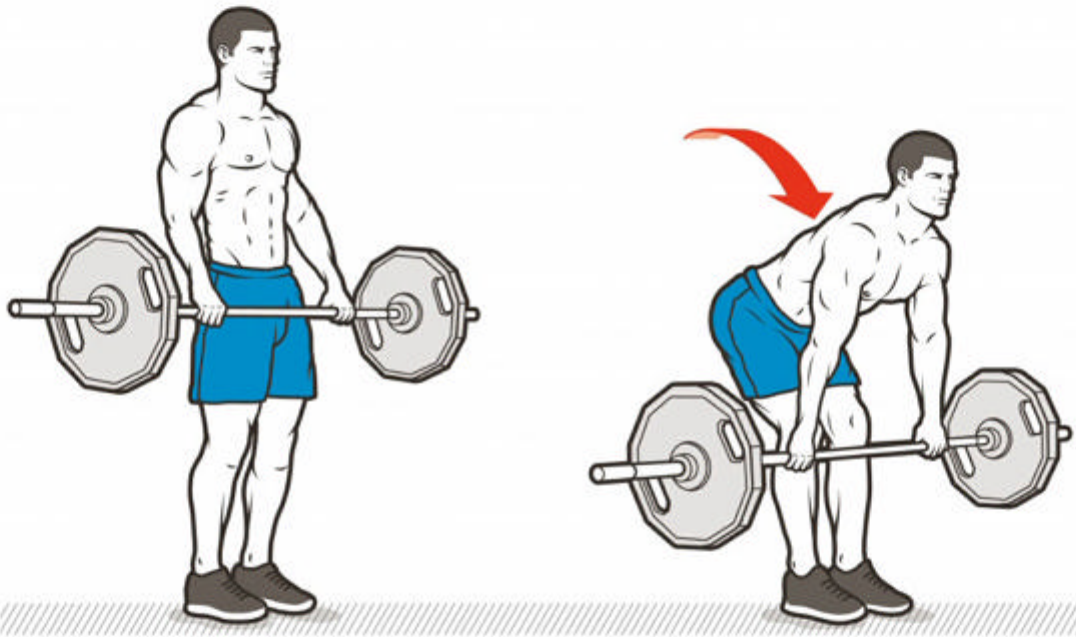
PHOTO ARTIGA PHOTO/CORBIS

V-SHAPE SHREDDER

CHISEL YOUR UPPER BODY AND PACK ON MUSCLE ALL OVER. IT TAKES JUST 30 MINUTES!

1

A/ BARBELL STRAIGHT-LEG DEADLIFT
Grab a barbell using an overhand grip, and let it hang at arm's length in front of you. Stand tall with your feet hip-width apart and knees slightly bent. Brace your core, push your hips back, and lower your chest until it's nearly parallel to the floor (don't round your back). Thrust your hips forward to return to the starting position. **Reps:** 8



B/ PUSH-UP LOCKOFF
Assume a push-up position but place your right hand on a medicine ball. Keeping your body straight, lower your chest until it's a few centimetres from the floor. Now push up until your right arm is straight, and touch your right shoulder with your left hand. Return to the starting position. Do all your reps and then repeat with your left hand on the ball. **Reps:** 8 per arm **Supersets:** 4



ILLUSTRATIONS +ISM

GET A GRIP

Boost your holding power with these tips.

SWITCH UP YOUR PULL-UP
Once a week, grab a rope handle and throw it over the pull-up bar. "You'll have to work harder to hold on," says Nick.

PAD THE BAR
"Wrap a towel around the bar for barbell moves," Nick says. "The thicker the towel, the more you challenge your grip."

FINISH WITH A FARMER'S WALK
After you work out, grab the heaviest dumbbells you can carry and walk for a minute. You'll build serious forearm power, says Nick.

DIRECTIONS

Replace one of your weekly workouts with this one. Do the exercises in the order shown. Perform paired exercises (1A and 1B, 2A and 2B, 4A and 4B) as supersets – that is, back-to-back. This equals 1 superset. Perform unpaired moves (that is, exercises 3 and 5) as regular sets. Rest for 60 seconds between each set or superset.

DESIGNED BY Nick Tumminello, owner of Performance University International

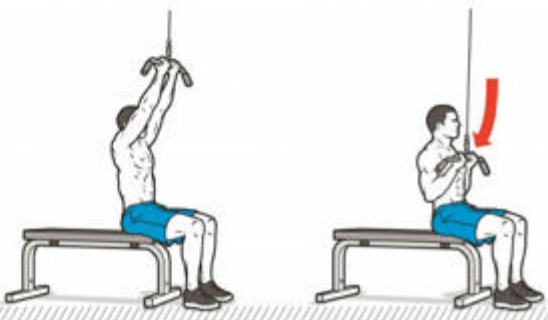
BEST FOR Enhancing upper-body strength and definition, revving metabolism, and building functional, real-world strength

EQUIPMENT Barbell, weight plates, medicine ball, lat pulldown machine, dumbbell and cable station (rope and standard handles)

2

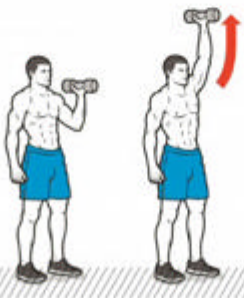
A/ UNDERHAND-GRIP LAT PULLDOWN

Sit at a lat pulldown machine and grab the bar using an underhand grip with your hands shoulder-width apart. Without moving your torso, pull the bar to your chest as you squeeze your shoulder blades together. Pause, and return to the starting position. **Reps:** 8



B/ DUMBBELL SINGLE-ARM SHOULDER PRESS

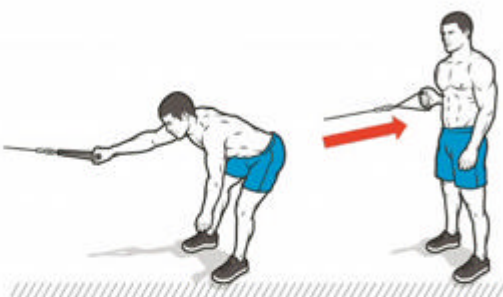
Stand holding a dumbbell in your left hand in front of your left shoulder. Press the weight directly above your shoulder, then lower it. Do all your reps, switch arms, and repeat. **Reps:** 6 per arm **Supersets**: 4



3

SINGLE-ARM COMPOUND ROW

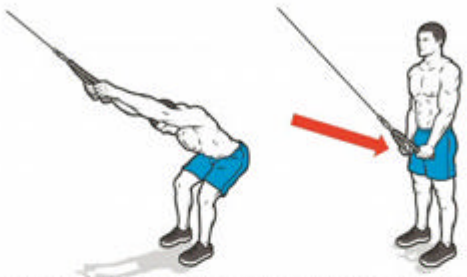
Set a cable handle to hip height and grab it in your right hand, arm extended. Push your hips back, then thrust them forward, rowing the cable to your chest. Do all your reps, switch hands, and repeat. **Reps:** 10 per arm **Sets:** 3



4

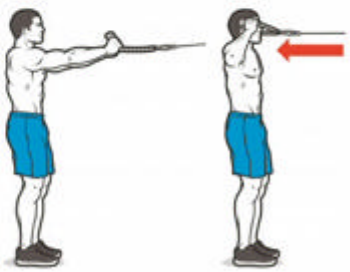
A/ STRAIGHT-ARM PULLDOWN

Attach a rope handle to the highest setting of a cable station. Holding an end of the rope in each hand, push your hips back with your arms extended. Without bending your arms, thrust your hips forward and pull the handle to your thighs. Return to the starting position and repeat. **Reps:** 10



4B/ FACE PULL

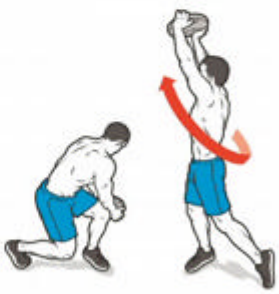
Stand holding the rope handle so the ends point towards the ceiling as shown. Bend your elbows and squeeze your shoulders together as you pull the sides of the rope to your ears. Return to the starting position and repeat. **Reps:** 10 **Supersets:** 3



5

PLATE CHOP

Holding a weight plate, bend your knees and rotate your torso left as you lower the weight to the outside of your left knee. Then rise up as you rotate right and lift it above your right shoulder. Pause and pivot back down to your left. **Reps**: 6 per side (not alternating) **Sets:** 3



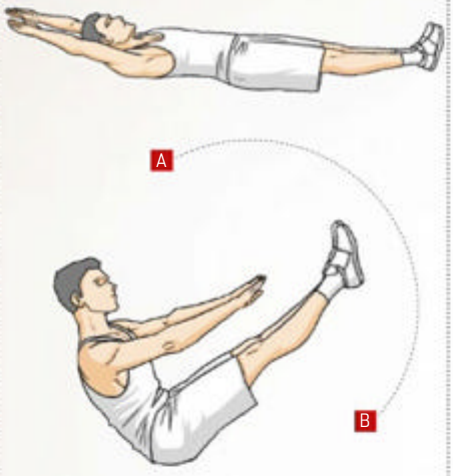
FIRE UP YOUR INTERVALS

WANT TO LOSE THE BLUBBER? THIS HIGH-INTENSITY INTERVAL TRAINING (HIIT) MINI-CIRCUIT BY FITNESS TRAINER SIMON BATEMAN WILL BOOST YOUR METABOLISM AND CURB HUNGER.



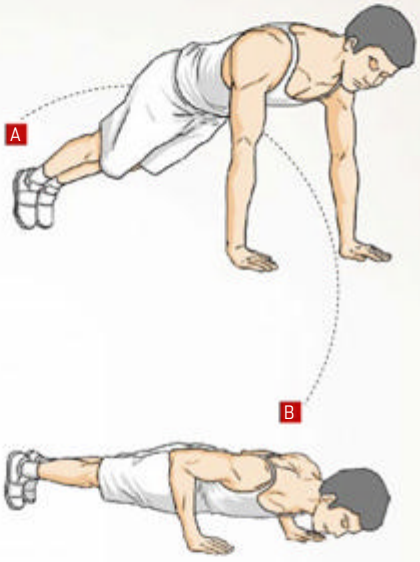
BURPEE: 15 SECONDS

Kick off with a short burst at maximum effort. Drop into a squat, kick your feet back and do a push-up. Draw your feet back in, and use the ball of your feet to propel yourself into an upward leap. Repeat for 15 seconds, then do the next move without resting.



V-SIT: 60 SECONDS

Lean back slightly and raise your legs, reaching your arms forward. Hold this position by bracing your core muscles. Alternating intervals with active recovery exercises such as this one boosts your body's appetite-suppressing hormones. Now to ramp it up again...



PUSH-UP: 15 SECONDS

Perform these quickly, pushing up explosively so your hands leave the floor, and clapping in mid-air before landing. After 15 seconds, go back for another 60-second V-sit. That's one circuit completed. Complete 3 to 5 circuits in total, depending on your ability.

TRAIN FOR THE NEW IPPT!

NUMBER OF CIRCUITS DONE

✓✓✓ 3 (PASS)
A good start, but work towards more.

✓✓✓✓ 4 (SILVER)
You're on your way to becoming a warrior.

✓✓✓✓✓5 (GOLD)
Congratulations, you're fighting fit!

TEXT **TED LANE** ■ ILLUSTRATIONS **ZERMOUR S.H.**



PROMOTION

Enjoy the Three-step Belly Toning Programme for just $188, excluding GST (usual: $650), and receive a $120 Urban Homme service voucher, redeemable in your next visit. Limited only to one purchase per customer per NRIC.

Offer is available till July 31, 2015. SMS <MH188_Your Name> to 9781-7751. Other terms and conditions apply.

BLAST BELLY FAT

URBAN HOMME'S BODY-SCULPTING PROGRAMMES MAKE IT EASY FOR YOU TO ELIMINATE DANGEROUS FLAB AROUND YOUR WAISTLINE.

You know the risks of carrying extra weight on your frame. But not all fat harms your health in the same way. Unlike subcutaneous fat that is found under the skin, visceral fat – which wraps around vital organs like the liver and heart – can increase your risk of serious conditions, including diabetes, stroke, heart disease and even dementia. It's not too difficult to know if you're carrying an unhealthy amount of visceral fat. Simply measure your waistline or belly. And if it measures more than 40 inches (101.5cm), it's likely that you have a higher-than-acceptable amount of visceral fat in your body.

WAYS TO SHED VISCERAL FAT

Exercising between three and five times a week, and sticking to a healthy diet, are keys to keeping your waistline trim. A good diet is made up of unprocessed nutrient-dense foods (think lean proteins like chicken and fish, unrefined carbohydrates like wholegrains, and plenty of fibre in the form of fresh fruits and vegetables).

PROFESSIONAL HELP FOR YOUR WEIGHT LOSS GOALS

Alternatively, look for weight loss specialists like Urban Homme. Its range of weight loss and body-sculpting treatments are designed specifically for men. Whether you want to get rid of that beer paunch and trim those love handles, or are looking to lose kilos, Urban Homme can help.

Its treatments are conducted by trained professionals and utilise advanced technology. Best of all, they are non-invasive, comfortable and with little to no downtime involved.

A popular signature treatment is the Three-step Belly Toning Programme, which starts with the 60-minute Coffee Drainage Therapy that detoxifies the body and reduces water retention. This is followed by a 45-minute abdominal sculpting that combines vibrating massage and micro-electro therapy for effective body sculpting. Finally, the programme ends with belly toning using vibrating massage.

Walk into any Urban Homme outlet to ask about our specialised weight management, physique sculpting and skincare services, or call 1800-250-2001 to book an appointment. Visit www.urbanhommeformen.com for outlet locations.



I SHED 18.2KG IN EIGHT WEEKS. I FEEL MORE ENERGETIC, AND MY FRIENDS AND COLLEAGUES ARE HAPPY FOR ME ON HAVING A HEALTHIER AND BETTER LOOKING PHYSIQUE.

– MICHAEL TEO, 39



URBAN HOMME'S COSY INTERIORS WILL PUT YOU AT EASE RIGHT FROM THE MOMENT YOU STEP IN.

STAND OUT FROM THE CROWD

SOME MOVES ARE MADE FOR SHOWING OFF, AND THE HANDSTAND PRESS-UP IS THE FLASHIEST OF ALL. DID WE MENTION YOU'LL ALSO GAIN A STRONGER UPPER BODY?



1 START STRONG
Before you attempt to go vertical, you need a solid grounding. Place your hands wider than shoulder-width. "Turning them out by 5 to 10 degrees opens up your shoulders to make the next stages feel more natural," says certified fitness trainer Dwayne Cooper.

2 KICK THINGS UP
Push hard with one foot, followed immediately by the other to kick into the handstand. Start against a wall until you get the hang of it. "Once you're up, breathe in and tense your abs to keep yourself stable," says Dwayne.

3 PRESS ON
"It's more about lowering than pushing," he emphasises. Allow your elbows to bend very slowly to lower your head towards the ground. Just before it touches the ground, breathe out hard and press back up. One down, nine to go. Good luck.

"This move causes a rapid build-up of lactic acid in the shoulders. The ability to withstand this indicates a high level of fitness."
Brian Nguyen, researcher at California Baptist University.

PHOTO ROMAN MARZINGER/CORBIS



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TEXT

GET INTO FIGHTING SHAPE

BOXING LEGEND FLOYD MAYWEATHER AND TOP TRAINERS REVEAL THE FITNESS DECISIONS THAT CAN HELP YOU RULE THE RING.



It's billed as the biggest match-up in boxing history since Evander Holyfield and Mike Tyson in 1997. The two biggest names in the sport today – five-division world champion Floyd Mayweather and eight-division world champion Manny Pacquiao – will meet in a long-awaited face-off on May 2 in Las Vegas. Amazingly, Floyd has remained undefeated in his professional career: 47 fights and counting. And he wants to keep it that way against Manny, his most formidable opponent yet.

Men's Health asked Floyd for his favourite workout, the one he'll turn to as the fight day draws near, and he said: "Every day I go to the gym, the first thing I do is shadowbox for about 10 minutes."

He paused. Thought about what makes him a champion. Then he withdrew. "If I give my own game plan, I'm giving the world my remedy on how I train. I can't give the world my remedy."

Sounds kind of ridiculous, doesn't it? Floyd is a heck of a boxer, a fierce talent. Could his workout be that important to his success? You'd be surprised at the answer. A smart plan separates a strong body from an imbalanced one, and a top athlete from an injured one.

Floyd may be protective of his secrets, but we snagged a few anyway. We spoke with the man and his trainer to give you the six keys to getting in top condition. Use them to succeed in any sport.

■ TEXT **MARIA MASTERS** ■ PHOTOS (MAIN) **TIM TADDER/CORBIS** & (FLOYD MAYWEATHER) **DEWALT POWER TOOLS FIGHT NIGHT CLUB 2010**

RULE #1
Add Intervals to Your Cardio Routine
Instead of pushing through a trudging run, vary your cardio workouts by doing intervals, which are a key way to train your body and increase stamina. Intervals are short bursts of running interspersed with longer runs. For example, you might sprint for 30 seconds at a high-intensity pace, then run at a more moderate pace for three minutes, and then perform another 30-second sprint.

RULE #2
Find Your Motivation
"Every day that I go to the boxing gym, I think about what my opponent is doing," Floyd says. "In my mind, I'm trying to outwork my opponent. That's what keeps me physically able to go out there and perform and not get tired. Each time I'm pushing myself more and more to the limit." The trick works for a specific reason: It can be tough chasing a goal that's so far into the future (or in many cases, completely undefined). But if you feel a constant pressure, and if you can imagine what will happen if you fall behind, you're more motivated to push, he adds. Think about the weight you've spent so much time losing, or the way you feel after skipping the gym for a while. It's chasing you. Stay ahead.

RULE #3
Don't Neglect Other Sports
Just because you hit the weights doesn't mean you shouldn't hit the basketball court, too. Even if your goal is to add size, you can still benefit from intramural activities. Supplement your workouts with bowling, basketball and wakeboarding. These activities train your body to maintain focus, balance and endurance in any environment – and that helps a boxer become better. "It's a different form of muscle training," says boxing trainer Nazim Richardson. "It gives rise to muscle confusion and keeps the body agile." In other words, your regular gym routine will continue to work the same muscles that you've always worked – in the exact same way. That's a bad thing. They need to be more versatile than that.

RULE #4
Take a Break
While professional boxers like Floyd train often and make exercising a lifestyle, they also take regular time off. "The body has to rest," says Nazim. This is just as important for the average guy. When

> "EVERY DAY THAT I GO TO THE BOXING GYM, I THINK ABOUT WHAT MY OPPONENT IS DOING, THEN I'LL TRY TO OUTWORK HIM."

you complete a strenuous workout, your muscle fibres need time to recover. And if you're working out every day, you aren't giving them that opportunity. Enjoy a break every few days, and you'll feel stronger when you return to the gym.

RULE #5
Train With a Friend
Floyd spends 40 minutes hitting a punching bag every afternoon. But the punching wouldn't be as effective without his trainer standing there next to him. "He doesn't hit the pads at his pace – he hits them at my pace," says his trainer, Roger Mayweather. When you train by yourself, you may grow sluggish. Or even worse, you may stay in your comfort zone – which means your muscle growth will plateau. A trainer (or a friend) ups the ante and shakes you loose of routines, making sure that you're always trying new challenges and working at an unpredictable pace.

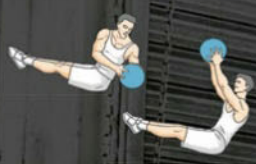
RULE #6
Don't Rely on Weights
Floyd doesn't use free weights often; he prefers to build upper-body strength in different ways. Other than hitting the mitts, which is his favourite way to work his arms, his go-to equipment is a medicine ball. Holding it in both hands, he'll throw the ball up, catch it, push it up, then bring it down again and repeat. And when he's not using a medicine ball, he's supplementing his workout with body-weight exercises.

SMACK FAT IN THE GUT

BURN 300KCAL WITH A 15-MINUTE WORKOUT FROM BOXING TRAINER GREG WILLIAMS.



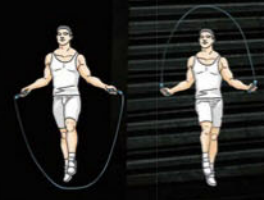
▲ **Jab 1: Minute**
Extend your left fist out at eye level, rotating it to the right as you punch.



▲ **Med Ball Rotation With Press: 1 Minute**
With feet extended, rotate the ball side to side. Press it overhead in the centre.



▲ **Cross: 1 Minute**
Extend your right hand, shifting your weight onto your front foot as you do.



▲ **Skipping: 1 Minute**
Gently jump from one foot to the other, staying on the balls of your feet.



▲ **Hook: 1 Minute**
Swing your left hand over to your right. Rest 1 minute. Do 3 full circuits in total.

■ PHOTO ARTIGA PHOTO/CORBIS ■ ILLUSTRATIONS ZERMOUR S.H.



ZERO-EFFORT FAT LOSS

BURN THOSE LAST KILOS BY MAKING WEIGHT LOSS A HABIT. THESE HOME TRICKS WILL ENSURE YOUR METABOLISM NEVER HAS ANY DOWNTIME.

▶SCALE UP YOUR RESOLVE
Science has added weight to the case for daily gut checks. Men who hop on the scales every morning drop more kilos and have less urge to binge eat, found a study in *Health Psychology*. Not bad for five seconds in your bathroom.

▶DON'T LOSE YOUR COOL
If the weight won't shift, chill out. Men in warmer houses are twice as likely to end up obese, says the *International Journal of Obesity*. Set your dial to 17 deg C – this activates your brown fat stores, which use up more calories.

▶WASH YOUR HANDS OF LARD
A study in *Obesity* linked a common-cold virus with weight gain. And it's not down to comfort eating: The adenovirus-36 strain increases your fat-cell count and even makes the cells, well, fatter. Scrub up to help you slim down.

▶GIVE YOURSELF A HEAD START
Say no to the snooze button. British studies show those who eat big in the morning unconsciously raise their activity, burning 442kcal more than those who skip breakfast. Fit in some reps with the fork and enjoy the afterburn.

▶SHUT DOWN JUNK CRAVINGS
Rough week? There's a reason you turn to takeaway. Research in *Neuropsychopharmacology* found stress hormones amp up your penchant for pizzas. Order up a massage instead, to make eating clean a lot more relaxing.

▶TURN OFF THE NIGHT LIGHT
After-dark iPad use drains your batteries. The blue light from e-devices alters your sleep cycle, making your metabolism sluggish, an American study reports. Swop 10pm swiping for a copy of *Men's Health*. No more night errors.



"Fire up your after-burners to keep your body in flab-torching mode even at rest."

TEXT EDWARD LANE ■ PHOTO LES & DAVE JACOBS/CORBIS

WEIGHT ARITHMETIC

BEING STEADFAST WITH NUMBERS HELPED ACCOUNTANT JONATHAN SIM REGAIN A HEALTHY FIGURE.

"WITH A FITNESS TRACKER, I WANTED TO BETTER MY PERSONAL RECORDS EVERY DAY."

THE SETBACK

Long hours at work and a time-consuming commute to and from the workplace – 90 minutes each way – were reasons accountant Jonathan Sim gave for his dramatic weight gain from 62kg to 79kg within the span of a year. But he also admits to having "bummed around". The 29-year-old shyly concedes: "I would go running once a month and take my dog for occasional walks – and that's it!" He also confessed to downing a bowl of laksa more than once a week.

THE WAKE-UP CALL

"I began to feel depressed about my weight gain," Jonathan says. To tackle decreasing self-esteem, he began dieting. "At lunch, I made it a point to eat only salad, and my weight lowered to 75kg after a two months." But with exercise not part of the plan, he was unable to ditch more weight. This continued until he switched to a job that shaved his commuting time. At that point, he purchased a wrist-worn fitness tracker just to see how it could help.



NAME
JONATHAN SIM

PREVIOUS WEIGHT
74KG

CURRENT WEIGHT
64KG

OCCUPATION
OCCUPATION
ACCOUNTANT

HEIGHT
1.75M

TIME TAKEN
3 MONTHS

THE PLAN

Jonathan followed the tracker's advice: hit 10,000 steps every day. "Whenever I was at 9,000 steps at night, I would put on my running shoes to make up for the 1,000," he recalls. "I also wanted to better my personal record each day." He also synced a calorie-counting app with the tracker.

FITNESS

After running, Jonathan realised he needed different activities to keep up the enthusiasm. At the gym, he used a smartphone app that randomises exercises to create complete workouts to follow. "I also observed what other guys are doing to learn new moves," he adds. For weight loss, cardio-intensive body-weight circuits such as Insanity and P90X3 proved useful. He would squeeze in a workout during lunchtime, and find time in the evening for a swim or a game of basketball with his mates.

FOOD

Jonathan preps his own meals at home instead of eating out. The calorie-counting app also helped with maintaining discipline: "When I found out that a serving of ice cream has 500 calories, I started to think: 'I don't need this.' And I really didn't want to touch that again, except maybe on a cheat day."

THE REWARD

"I no longer feel lethargic. My mind's fresher and my body feels cleansed from not eating oily foods," he states. "My girlfriend, who has been very supportive throughout, also admires my progress!"

WHAT'S YOUR STORY?

This month's Belly-off! guy wins a Columbia Basecamp worth $127.30! Stand to win attractive prizes when you join the Belly-off! Club and get featured. Tell us what you weighed then and now, what made you decide to shed the bulge, and what you did to lose it. Include your "before" and "after" photos. E-mail: menshealthsg.bellyoffclub@gmail.com.



■ TEXT **KYLE LEUNG** ■ PHOTOGRAPHY **JASPER YU** ■ ART DIRECTION **PAULINE TAN** ■ OUTFIT **REEBOK**

TALKSHOP

PRODUCTS PROMOTIONS EVENTS

EDOX Powered by an automatic movement, the Swiss-made **Edox Geoscope North Pole Limited Edition** commemorates the expedition to the North Pole by record-breaking adventurer Christian Redl. The ticker sports a distinctive orange crown protector designed by Christian himself. The GMT function works via two pushes that set the second time zone. **$5,800, at Cortina Watch (New Bridge Road), International Watch (Park Road) and Vincent Watch (Tampines Mall).**





MIZUNO The **Wave Hitogami 2**, Mizuno's flagship performance racer, features a redesign that makes it lighter, more responsive and more comfortable than before. It packs an elastic thermal plastic wave running from heel to mid-foot to create a springy ride, with a lightweight midsole that provides optimal shock absorption, durability and resilience. The outsole has durable carbon rubber for enhanced traction and a lightweight rubber dot pattern in the forefoot for grip and flexibility. The Airmesh upper is light and breathable. **$169, at Mizuno concept stores and selected World of Sports outlets.**

SPERRY The creator of the world's first boat shoe recently launched a new campaign, **Odysseys Await**, which coincides with the brand's 80th anniversary. This includes a new logo to reflect its authentic nature and values, and appeals to an audience that has genuine stories to share. "It is our mission to ignite the human spirit through the power of sea-based discovery and adventure," says Rick Blackshaw, president of Sperry. "We set out on an exploration to develop a campaign that encourages a youthful, global and digitally connected group to discover and celebrate authentic stories still to be lived." **Log on to www.sperry.com.**





POLAR The **Polar M400** is all about style, performance and comfort. It records your speed, distance and altitude, so it's an ideal companion whether you're headed around the block or on hilly trails. It also tracks your daily activity, guiding you to reach your goal, and reminding you when it's time to get up and move. Good news for Sundown Marathon participants: Enjoy 20 per cent off your online purchase on the Polar M400 integrated GPS with 24/7 activity-tracking sports watch from now till June 30. **Go to www.goobucket.com.sg/polar and enter "SUNDOWN20" upon check-out.**





UNDER ARMOUR
A popular hit with its range of Superhero prints, the **Alter Ego Series** will see a launch of matching baseball caps to its signature compression tops. This is in tandem with the movie *Avengers: Age of Ultron* this May. New additions include the Ironman and Captain America series. Made with Heatgear fabric and UA's signature sweat-wicking technology, they are comfortable and dries fast, with a built-in sun protection of UPF 30+. **$99, available at Under Armour stores and www.underarmour.com.sg.**

LUMINOX
Indianapolis 500 racing champ Tony Kanaan has teamed up with the brand to produce the new **Luminox Tony Kanaan Ultra-light Polycarbonate Carbon-reinforced Chronograph 1100 series**. They retain the iconic asymmetrical black case of the previous limited edition Tony Kanaan watches, but are more colourful, with green and yellow markings on the dial and indices to evoke Tony's Brazilian heritage. The Swiss-made tickers are water-resistant to 200m and features Luminox Light Technology. **Available at stores like Tangs Orchard, Metro The Centrepoint and Robinsons Orchard, and authorised watch retailers.**





LONGINES
The **Conquest Classic Moonphase** is the newest chronograph added to the watchmaker's collection – in celebration of equestrian sports and the tradition of watchmaking. With a diameter of 42mm, it houses the self-winding mechanical chronograph movement L678. The case is available in steel, steel and rose gold cap, or 18 karats rose gold. The black or silver dial is set with nine applied indices coated with Super-luminova, and makes an elegantly contrasting background to the moonphase display. These chronographs are fitted on a black alligator strap, steel or steel and rose gold cap bracelet – all having a triple-folding safety clasp. **www.longines.com**

HOM
It introduces new collections for both its underwear and swimwear range to mark the spring-summer 2015 season. The underwear collection includes a "Protect" range that features a thin layer of silver in the front pouch to protect you from electromagnetic waves coming from your mobile phone. The swimwear set takes inspiration from a wide range of cultures, from 1970s USA and rock concerts to water sports. **Available at Metro Paragon, Robinsons The Centrepoint, Takashimaya D.S. and Tangs Vivocity.**



TALKSHOP

PRODUCTS PROMOTIONS EVENTS



TIMEX An icon makes a comeback in the form of the **Timex Originals 80 Collection** – reintroduced for its retro appeal. This classic has always proved trendy, never out of style. The stainless steel bracelets come in gold, silver or black. And there's also a range of colourful faces to choose from. All models feature Timex functions, including night light, crystal screen, chronograph and alarm. **Available at The Assembly Store (The Cathay), Benjamin Barker outlets (Cineleisure, Marina Square, Vivocity), Clout 9 (Wheelock Place), Isetan (Katong, Scotts), OG (Orchard Point, People's Park), Robinsons (Jem, Orchard, Raffles City), Tangs (Vivocity) and other authorised retailers.**



ASICS The **Gelfeather Glide 2** is a lightweight shoe designed for runs from short speedwork to marathons. A medial post technology, called Arch Sustain, reduces the rate of overpronation and works with a full flat sole to facilitate a more stable ride. Speed runners will enjoy the responsiveness of Speva technology in the forefoot for better energy return compared to the traditional Eva. The running shoe also comes in a wider upper for runners who need that extra room in the toe-box.

RUDY PROJECT Made in Italy and available in four colours, **Spinhawk Washed** uses "Multilaser RP Optic" (extremely thin mirror treatment) lenses. This process creates types that reduce visual stress, offers 100 per cent protection from harmful UVA and UVB rays, and guarantees a distinctive look. These glasses can also be fitted with customised "unbreakable" photochromic prescription lenses. It is also available with Polar3fx Polarised lens. **Available at Rudy Project @ Sixth Avenue (4 Sixth Avenue) or Upper Thomson (233 Upper Thomson Road), and in Monocoop at The Atrium@Orchard. Visit www.rudyproject.com.sg for details.**





PSB ACADEMY Coventry University has over 30,000 students and is an institution that's awarded the Modern University of the Year (by *The Times* and *The Sunday Times Good University Guide 2015*), and is ranked 27th by *The Guardian University Guide 2015*. It promotes academic excellence and a focus on applied research. For instance, the Bachelor of Engineering (Honours) in Electrical and Electronic Engineering degree allows access to the latest technologies in the field, with an emphasis on innovation, design and development, encompassing technical and transferable skills. It can be completed within 16 months for both the full- and part-time pathways, and is accredited by the Institution of Engineering and Technology. **To find out more, text PSB←space→CUMH←space→Name to 9010-2322, or visit www.psb-academy.edu.sg/CU.**



SKINS
The sports compression-wear maker introduces "Starlight" visibility enhancements into its popular A400 tights range. Set to launch in August, **Skins A400 Starlight** uses reflective graphics to increase safety for outdoor workouts in low-light conditions. All technical aspects of the range are retained, including flexible flat seams for durability and no chaffing, bonded hems and anatomical adjustments for optimum fit and performance.
Visit www.skins.net for more information.

SWATCH
The new **Swatch Touch Zero One** combines design and cool beach-volleyball functions for players and fans: Step Counter, Power Hits and Power Claps. Here's a ticker to make the game even more exciting. It takes the already popular Swatch Touch a step further with a touchscreen for easy access to those functions, and tons more when connected to the free Touch Zero One App. It will be launched during the 2015 Beach Volleyball Season.
www.swatch.com/en/local-events/swatch-touch-zero-one





CASIO
With its modular design, the new 14-megapixel **Casio Exilim EX-FR10** camera transforms three ways. One: Dock the camera module onto the LCD-equipped controller and use it like a conventional front-facing camera. Two: Have both camera and the LCD screen face you. Or three: Detach the camera module and shoot remotely or hands-free (action-cam style) with the controller. With shock- and splash-proof features to boot, the possibilities are endless.
$699, available at authorised Casio retailers.

THE KNIGHTSBRIDGE CLINIC
Located on the fringe of Singapore's CBD, this premium medical aesthetic clinic offers non-invasive procedures with minimal downtime and natural-looking results. Led by Dr Israr Wong, it prides itself on providing a luxurious and comfortable experience with the utmost privacy. The clinical assistants and therapists also possess the Cibtac Diploma in Beauty Therapy Services, the highest qualification in Singapore for spa and therapeutic beauty treatments.
277A South Bridge Road, tel: 9730-9399.



TALKSHOP

PRODUCTS PROMOTIONS EVENTS



DESMOND KWA ORGANISATION An agency unit of AXA Life Insurance Singapore, Desmond Kwa Organisation offers career and financial advice, details on a monthly AXA Career Talk, AXA products, and services on existing AXA policies. **#18-01/06C The Metropolis, call Alfred Lee at 9661-5252 or 6100-6543 for more information.**

JERMYN STREET Inspired by the rich grooming heritage of a London street of the same name, this high-end barbershop embodies the spirit of the renowned address. With the ambience of an exclusive gentlemen's club, the place offers services such as a traditional English trim and shave, as well as premium grooming products from the UK. The shop is also available for corporate and private functions. **Call 6220-4010 or visit www.jermynstreet.com.sg for more information.**





SEVEN FRIDAY Limited to 350 pieces worldwide, the **Seven Friday Big Block** draws design inspiration from US muscle cars of the 1960s. Two distinctive racing stripes in a metallic flaming red hue cut across the face. The black leather straps features red stitching similar to those found in the seats of sports cars. The watch is powered by a Miyota movement. The Big Block is also the first in the Seven Friday line-up to come with lume-painted hour indices and hands for easy time reading in the dark. **From $1,490, at Red Army Watches (Millenia Walk, Wisma Atria, Atrix), Krasnaya (Ion Orchard), Fook Hing Trading (Bras Basah Complex), Watches of Switzerland (Paragon, Vivocity) and Du Tempus (Clarke Quay).**

THAI VILLAGE The Singapore Indoor Stadium outlet of Thai Village restaurant is adding **Carlsberg Pork Ribs** to its menu. The name comes from the addition of Carlsberg beer into the sweet sauce during the final fry-up of pork ribs pre-marinated for two to three hours. It's exclusively available at this outlet, and is priced at $24 for a small plate.
#01-02/03 Singapore Indoor Stadium (Carpark L), tel: 6440-2292.





AIBI

The **AIBI Inspire Bodylift gym** features a steel frame that has a durable powder coat paint finish. It offers an effective, smooth training with its unique body-weight resistance system that does not need a heavy stack of weights. Your workout will be quiet and comfortable, as its six-position seat and backrest make it highly adjustable. The machine offers a wide range of exercises, including fixed-motion bench press, shoulder press and seated row, as well as cable-motion bench press, shoulder press or pectoral fly exercises. **For more information, call 6238-0082 or 6440-9989, www.aibifitness.com.**

TISSOT

The **Tissot Bridgeport** timepieces are classic choices. Precision is assured, thanks to the revolutionary Swiss-made Powermatic 80 automatic movement beating at the heart. Choose from silver- and gold-coloured metal combinations to go with the beautiful black Roman numerals. The stainless steel case sports a see-through back. The watch is water-resistant to 50m, and has a power reserve of up to 80 hours. Both leather and stainless steel strap options come with a butterfly clasp and push buttons. **From $960 to $1,150, available at Tissot Boutiques (Ion Orchard, Marina Square, Raffles City, Suntec City, The Shoppes at Marina Bay Sands and Jem).**





SCALP TECHNOLOGY SINGAPORE

Francis McKenna is the resident expert to guide you through the process of **Scalp Micropigmentation**, the leading non-surgical cosmetic solution to male hair loss. It involves the application of organic pigment to the dermal layer of the scalp using a computer-controlled pigmentation machine, to replicate the appearance of real hair follicles and create a short-cropped buzzed hairstyle. A variety of different styles are achievable, ranging from a clean-shaven look to a closely clipped zero, 0.5, No. 1 or No. 2 cut. **Visit www.scalptechnology.com or call 9423-6276 for a free consultation.**

KWIKSET

Turn your smartphone into a key with the **Kwikset Kevo Bluetooth-enabled deadbolt**. Alternatively, you can use the included fob instead of your phone. You can also authorise family, friends or visitors by pairing compatible smartphones with your unique "key". The Kevo Mobile App allows you to receive notifications of lock activity and manage access. There's also a Lost Phone Reset should the worst happen. **Contact Calytron Engineering at 8181-8989 for more information.**



EXTRAS!

THE BEST TIPS WE COULDN'T FIT INTO THIS ISSUE

F***, I'M FEELING BETTER!

A STUDY IN *NEUROREPORT* FOUND MUTTERING OBSCENITIES INSTANTLY MAKES YOU FEEL BETTER AFTER INJURING YOURSELF, REDUCING PAIN PERCEPTION. JUST STAY AWAY FROM THE F-WORD WHEN YOUR KID NEPHEW DROPS HIS NINJA TURTLE ON YOUR FOOT, ALL RIGHT?



SELL YOURSELF AWAKE

Sleepy? Tell yourself that you're feeling just as good on four hours of sleep as you do on eight. A study published in the *Journal of Experimental Psychology: Learning, Memory and Cognition* found a "sleep placebo" exists: Simply believing you're well-rested – even if you're not – can confer the benefits of a good night's kip. It can lead to clearer thinking as well as improved performance and memory, and multitasking.

LAST YOU LONG TIME

Men who include healthy plant fats in their diets have stronger erections and can maintain them longer, the *Journal of Applied Physiology* reports. Other studies show olives increase frequency of erections by 30 per cent. Add them to salads. Or martinis, if you wish.

EXTEND YOUR MEMORY

Opting for as little as 20 minutes of resistance training instead of pounding the pavement can trigger a fast improvement in your memory, increasing recall by 20 per cent – a stat worth remembering. According to a recent study in the journal *Acta Psychologica*, 50 leg extensions performed after a memory task (say, reviewing your notes for a presentation) is all it takes to keep you in an immediately heightened state of awareness for up to two days. So keep that TRX on standby in the desk drawer...

NATURE'S OWN PAIN BUSTER

Ditch the paracetamol and stop muscle ache with a natural alternative: algae. The *Ibnosina Journal of Medicine and Biomedical Sciences* discovered eight weeks of spirulina supplementation increases isometric muscle strength by 22 per cent and endurance by 26 per cent. Its branched chain amino acids also lessen muscle damage during exercise, blocking delayed-onset muscle soreness, while antioxidants protect your muscle tissues from fatigue.

ILLUSTRATION **ASHRUDDIN SANI**


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